

Chances are, you've thought about what kind of legacy you will leave behind one day- perhaps an inheritance, material possessions, a home, or even a wedding ring. Yesterday we spoke about not just leaving a legacy but living it day in and day out. We think too much about what we are leaving behind, and not enough about what we are doing today.

Legacy is determined and defined as an inheritance, sure, but it is also leaving behind something that is of value. When we live our legacy, we become purposeful and we leave behind more than just material possessions. We leave behind wonderful memories, service, and lessons.

How do we live our legacy?

We do everything intentionally. Our words and actions serve a purpose, we choose foods that nourish our bodies, and we are mindful of how we spend our time and energy. Intentional living creates legacy.

We use a journal and frequently look back to see the patterns and progress in our lives. Journaling helps us find our center and reflect.

We practice gratitude and frequently find things to be thankful for.

Our purpose is to serve others. When you understand that you need to be gratitude-filled, purposeful, and intentional, it creates the gift of presence in your life-for yourself and for others.

Legacy is the story you are creating for yourself right now. When you show up and do all the things, you are going to accomplish so much more in your life. Do you want to be just going through the motions or living your legacy?