



# legacy journal

*They built their legacy without realizing they were doing it. Their smile, their ability to fill a room with a joy and a kindness just by being them, their love.*

*Maybe the world will remember, or maybe only a handful of people will. But we can do what we can do share them with others, to make sure they're still around even though they're gone.*

-Kayleigh O'Connor

a  
collection  
of  
love

Grief can play some funny tricks on our minds. While we don't wish to feel the loss as we do now, we almost don't want to let it go, feeling as if that means we are letting them go.

The world may not understand, but we never have to let them go. We can remember them in the past and bring them forward in new ways with us into the future.

While they were simply living their lives, they were making an impact on us and others around them. Let's celebrate them for the way they touched lives and those wonderful and unforgettable things that helped shape us into the people we are today.

The following pages are yours to fill with attributes, stories, memories, moments, and other important recollections of your person who has died. A sharing of their life well lived, of your unique relationship with them, and other lovely reminders of your person.

Some might choose to sit down and write great amounts, while others may visit this journal when a lovely memory arises, and others may just make an ongoing list of attributes and other moments that are missed. These pages will be as unique as you, your person, and your relationship with them was - be true to however your heart leads you to add to this journal.

This legacy journal may be shared with others as a record of your person's life, or maybe this is just a sweet book of reminders simply for you. Part of this journey is continually checking in to see what feels right for how we would like to live our lives. A safe place to keep our stories, memories, and lovely moments of a life well loved.

















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