

5 Unexpected Ways to Leave Your Legacy

EMORY

Healthy Aging Study

There is a point in our lives when we realize we want to leave behind something meaningful and make a mark. Securing a financial future for your family or loved ones is a great start, but there are other ways you can leave a lasting legacy.

1 Pursue your passions

We are happiest when we are doing what we love. Our passion is reflected in the way we carry ourselves and how we treat others. Go after that dream or goal, every day is a great day to start.

2 Keep a journal

You do not have to be a best-selling author to pass down a great piece of literary work. Recording your day-to-day activities, thoughts and emotions can be a great guide for others. Commit to writing an entry at least 2-3 times a week or daily when you can.

3 Give the gift of time

Time is a precious commodity. Once it has passed, you cannot get it back. Devote time to make memories with your family. It does not have to be an expensive outing; simply being present and active in the lives of loved ones speaks volumes to one's character and creates lifelong memories.

4 Mentor others

Family members are not the only people who can benefit from your story. Become a mentor to someone outside of your family. There are organizations, like Big Brothers Big Sisters, that can help you find a mentee or you can help someone right in your neighborhood, at your job or other places within your community.

5 Record family history

Learning about your ancestors can be a great bonding experience with your children or grandchildren. Create a family tree together to help them learn more about their history and culture.



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our website often for new
tips and facts
on healthy aging.

SOURCE: WebMD

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