

The Living Legacy Profile

The Living Legacy Profile is a structured baseline of one area of your current life. Its purpose is not to decide what you should change. It is to help you see, document, and articulate what your present patterns are already creating.

Complete this Profile with curiosity rather than judgment. Use concrete evidence wherever possible: actual choices, conversations, commitments, habits, behaviors, and recurring situations.

You are documenting reality—not grading yourself.

Section 1 — Name the Area

The one area of my life I am examining is:

What I believe matters to me in this area:

Why this area deserves my attention right now:

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Section 2 — Document the Evidence

Identify five concrete examples from your recent life that reveal how you are currently living in this area.

For each example, document:

What happened?

Describe the actual situation.

1. _____
2. _____
3. _____
4. _____
5. _____

What did I choose or do?

Name your observable response.

1. _____
2. _____
3. _____
4. _____
5. _____

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Section 2 — Document the Evidence (cont.)

What does this example reveal?

Identify what your behavior—not simply your intention—communicated.

1. _____
2. _____
3. _____
4. _____
5. _____

Section 3 — Identify the Pattern

Review your five examples and complete

:

The pattern I see most clearly is...

This pattern tends to appear when...

What I say matters in this area is...

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Section 3 — Identify the Pattern (cont)

What my current pattern suggests matters is...

The strongest point of alignment between the two is...

The clearest gap or misalignment is...

Section 4 — Name the Impact and Cost

What is this current pattern producing in my life?

Who or what is affected by it?

What does maintaining this pattern currently cost me—or others?

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Section 4 — Name the Impact and Cost (cont)

If nothing about this pattern changed, what might it continue creating?

Section 5 — Establish Your Awareness Baseline

Complete your Profile with a concise baseline statement:

The legacy I am currently living in this area is...

The evidence that makes this clear is...

What I understand now that I wasn't seeing as clearly before is...

The primary thing I want to remain aware of moving forward is...

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Completion Criteria

Your Living Legacy Profile is complete when you have identified one primary area, documented five concrete examples, named a recurring pattern, identified alignment or misalignment, articulated its impact or cost, and written your final awareness baseline.

Do not add an action plan.

This artifact captures Awareness. You will be able to revisit it as a record of what you could see clearly at this point in your journey.

