

# LEAVE A LASTING LEGACY FOR LOVED ONES -IN YOUR LIFETIME

## Workbook

*Don't wait until  
it's too late to  
share your  
stories*



BY DESLEY COWLEY

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*This is your life - make  
it memorable.*

Leave a Legacy for Loved Ones - In your Lifetime



# A NOTE FROM THE AUTHOR

DESLEY COWLEY

This workbook will help you gather together the information you need to share your stories, express your wishes and capture your important memories and events, and leave a lasting legacy for future generations.

Telex machines, fax machines, typewriters, ledger machines, dial up telephones, party lines...all things I grew up with that my grandson would not have a clue about if I didn't share.

Walking barefoot across the paddock to go to school, the little bottles of free milk we used to get at morning tea. The list goes on once you begin writing it.

To us, our lives were rather mundane and uninteresting...but to family members who didn't live through the 50's, 60's, 70's and beyond, we had some very interesting bits of equipment, fashion and lifestyles that will be lost in time if we don't document it for future generations, our descendants.

What was your grandmother like?...and your grandfather? How did you get along with your siblings? Did you have to help out with chores? Receive an allowance?

What else was different in those days? Not better...not worse...just different.

What food did you eat? Your first love? What other milestones might seem to be boring right now, but in 100..200 + years from now...even 50 years from now...will be a personalised chronicle of life in your lifetime that will be very interesting for your descendants.

What do you want to tell them about life and living? What songs would you like played at your funeral?

What type of service would you like? Do you want to be cremated or buried? You can share all of this and more in your personal biography....legacy of your life.

These things and much more can be captured in your very own digital record, reviewed, updated, printed, edited, reprinted over decades.

Enjoy the journey!

Desley Cowley



## WHAT YOU CAN DO WITH THE INFORMATION YOU GATHER?

**Just some of the many things you can create, once you gather all of your stories in one place**

- ☐ WRITE YOUR OWN EULOGY
- ☐ CHOOSE YOUR FAVOURITE PHOTOS
- ☐ WRITE YOUR STORIES
- ☐ SHARE YOUR SECRETS
- ☐ CREATE A FAMILY FACEBOOK GROUP
- ☐ LEAVE A LETTER FOR LOVED ONES
- ☐ WRITE YOUR WILL
- ☐ FIND PURPOSE AND MEANING
- ☐ FAVOURITE RECIPES
- ☐ HEALTH HISTORY



# SECTION *About Me* ONE

# HOW TO USE THIS WORKBOOK

## Free thinking

The idea of this workbook is to help you remember those moments in your life you'd like to share.

The suggested topics are to trigger ideas for you. You may not have anything to add on some pages.

It's your workbook and if you'd like to change the heading of any page, to cover a topic/memory that we haven't covered, please do so.

There's information to fill out and also lined and blank pages after each 'memory topic'.

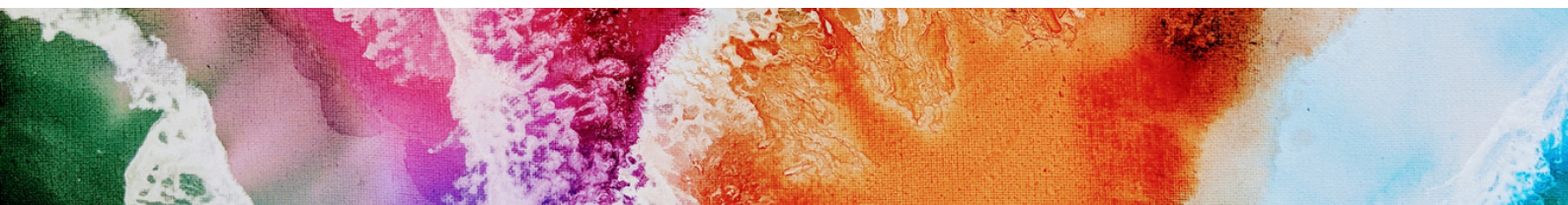
Lined pages are for people who like to write, blank pages are for those who like to mind map, scribble, draw, create.

...but you can use the lined pages to draw on and the unlined pages to write on. It's entirely up to you.

Keep the workbook handy to share with family and friends who might also like to help jog your memory about events., and perhaps with your permission, share their memories of their part in your story too!

...but remember, it is YOUR story and not theirs. You don't need anyone telling you how you MUST write it, only suggest things.

You choose if you want to include them.





# MINDMAP

TOPIC TRIGGERS

**INSTRUCTIONS:** These are our topic triggers. You might have others you can think of. Use the blank version of this page to start writing down your ideas before you forget them.





# MINDMAP

TOPIC TRIGGERSS

**INSTRUCTIONS:** These are topic triggers to help you ask friends and family to describe you.







# MINDMAP

TOPIC TRIGGERS - BLANK PAGE FOR YOUR IDEAS

**INSTRUCTIONS:** Use this page to start writing down your ideas before you forget them. You may think of other topics when diving into one of the ones on the previous pages, write it down on these blank pages so they don't get lost!





# MINDMAP

TOPIC TRIGGERS - BLANK PAGE FOR YOUR IDEAS

**INSTRUCTIONS:** Use this page to start writing down your ideas before you forget them. You may think of other topics when diving into one of the ones on the previous pages, write it down on these blank pages so they don't get lost!





# WHO ARE MY ANCESTORS?

Mother's Full Name:

Father's Full Name

Mother's Birth Date:

Father's Birth Date

Mother's Birthplace & Country

Father's Birthplace & Country

Date/s Married

Date/s Divorced

Mother's Death date:

Father's Death date:

Where did your parents meet, marry and any other stories you'd like to share

Children (your siblings)

Grandchildren (your nieces and nephews)



# WHO ARE MY ANCESTORS?

Grandmother's Full Name:

Grandfather's Full Name

Grandmother's Birth Date:

Grandfather's Birth Date

Grandmother's Birthplace & Country

Grandfather's Birthplace & Country

Date/s Married

Date/s Divorced

Grandmother's Death date:

Grandfather's Death date:

Where did your grandparents meet, marry and any other stories you'd like to share

Children (your siblings)

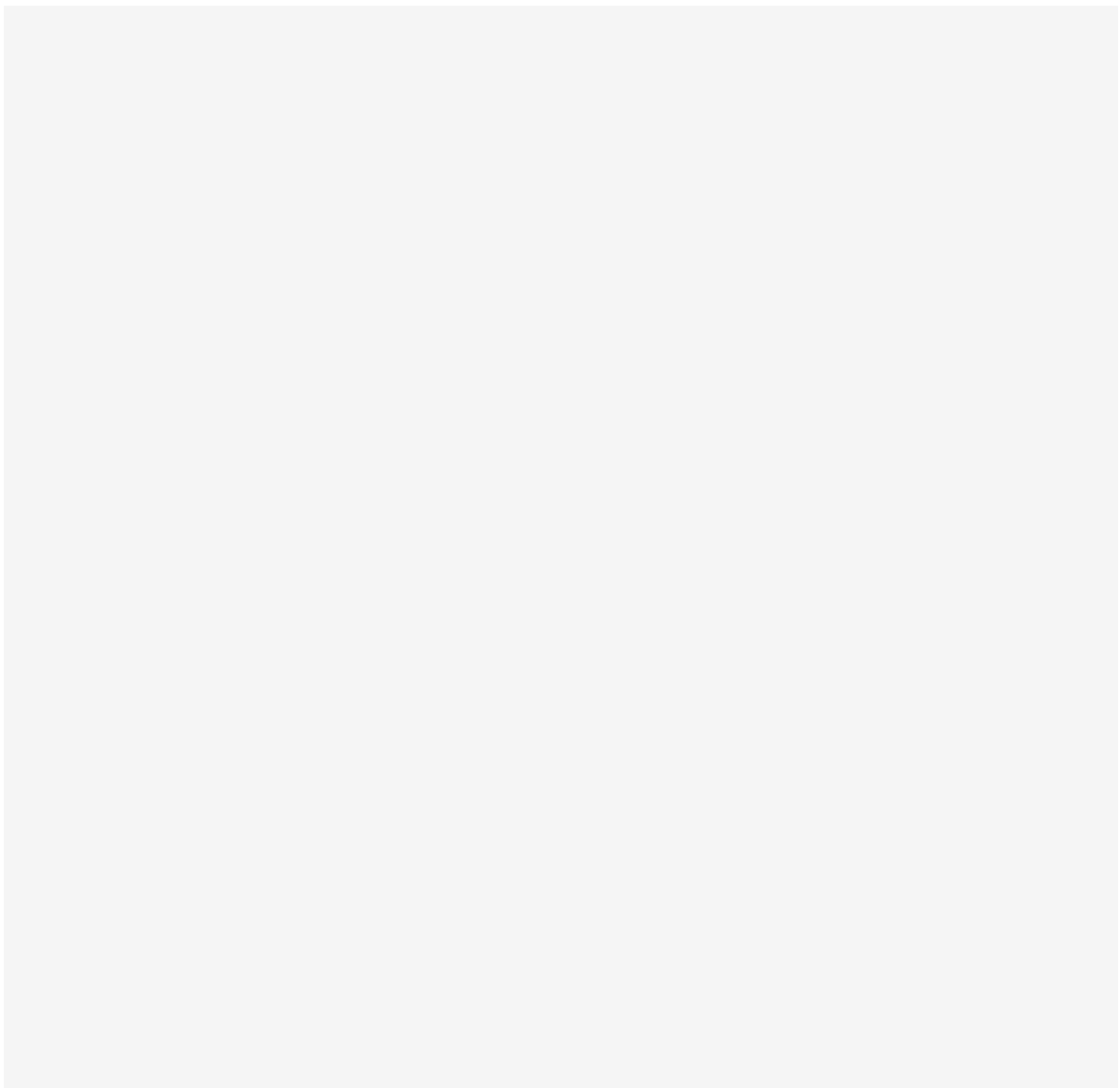
Grandchildren (your nieces and nephews)







# MY ANCESTORS





# WHO AM I?

First Name

Last Name

Middle Name/Names

Other Last Names

Nickname/s

Where I was born

Date/s Married

Date/s Divorced

Married to:

Children

Grandchildren



# WHO AM I?

Schooling/Awards

Career

Clubs/Memberships/Community service

Sporting Achievements

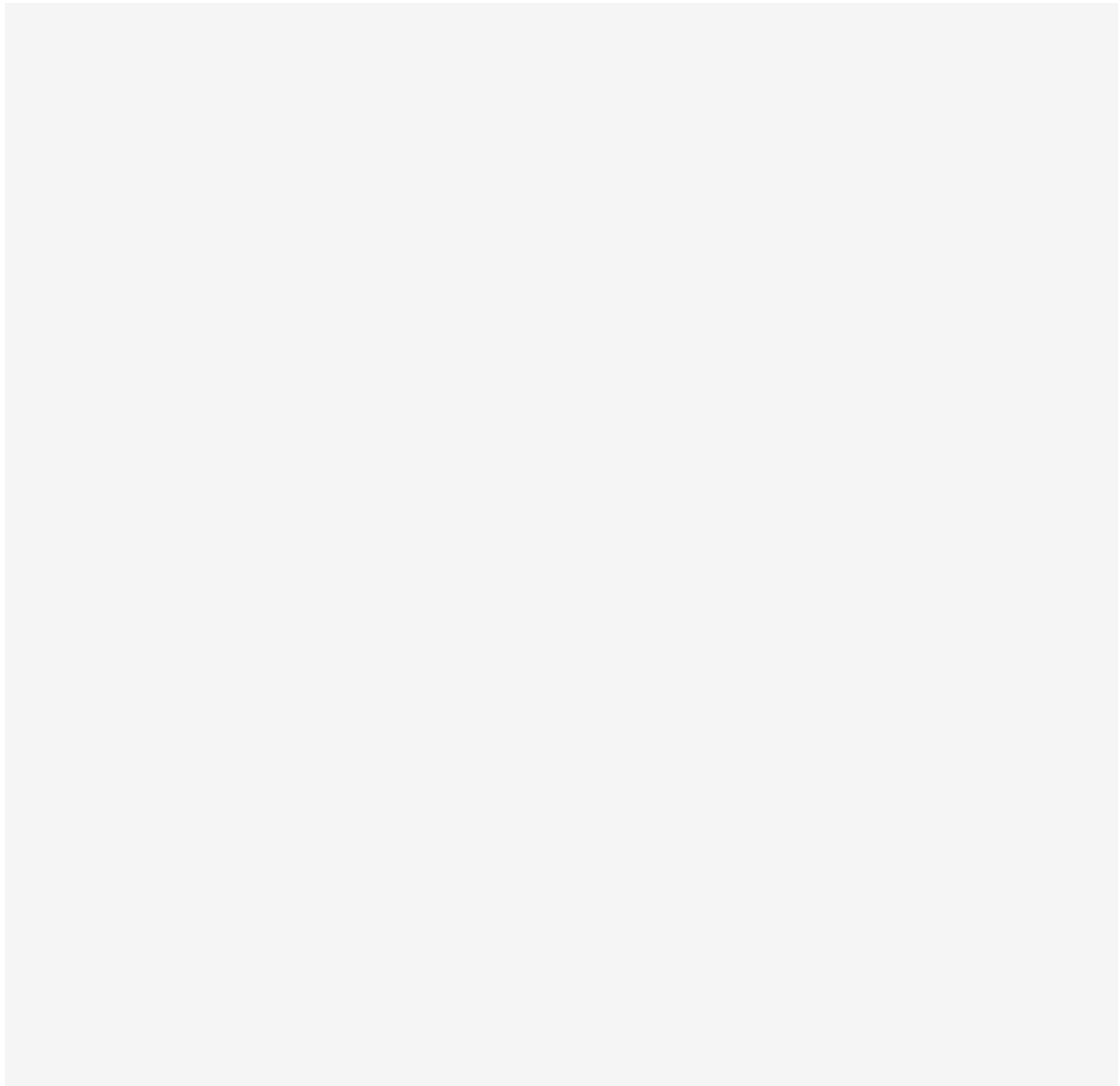
Arts Achievements



# MY FAMILY & ME

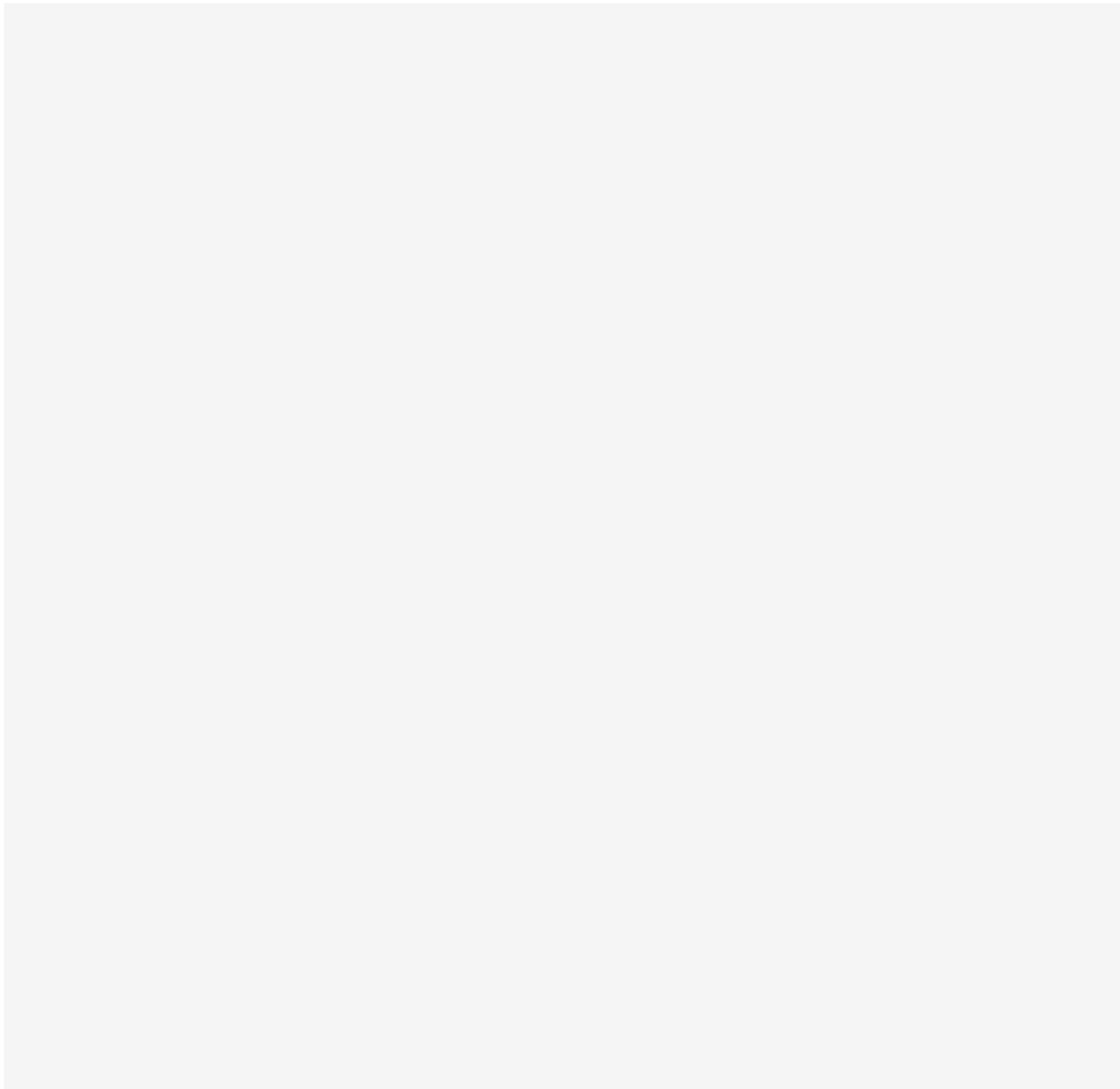


# MY FAMILY & ME





# MY ACHIEVEMENTS

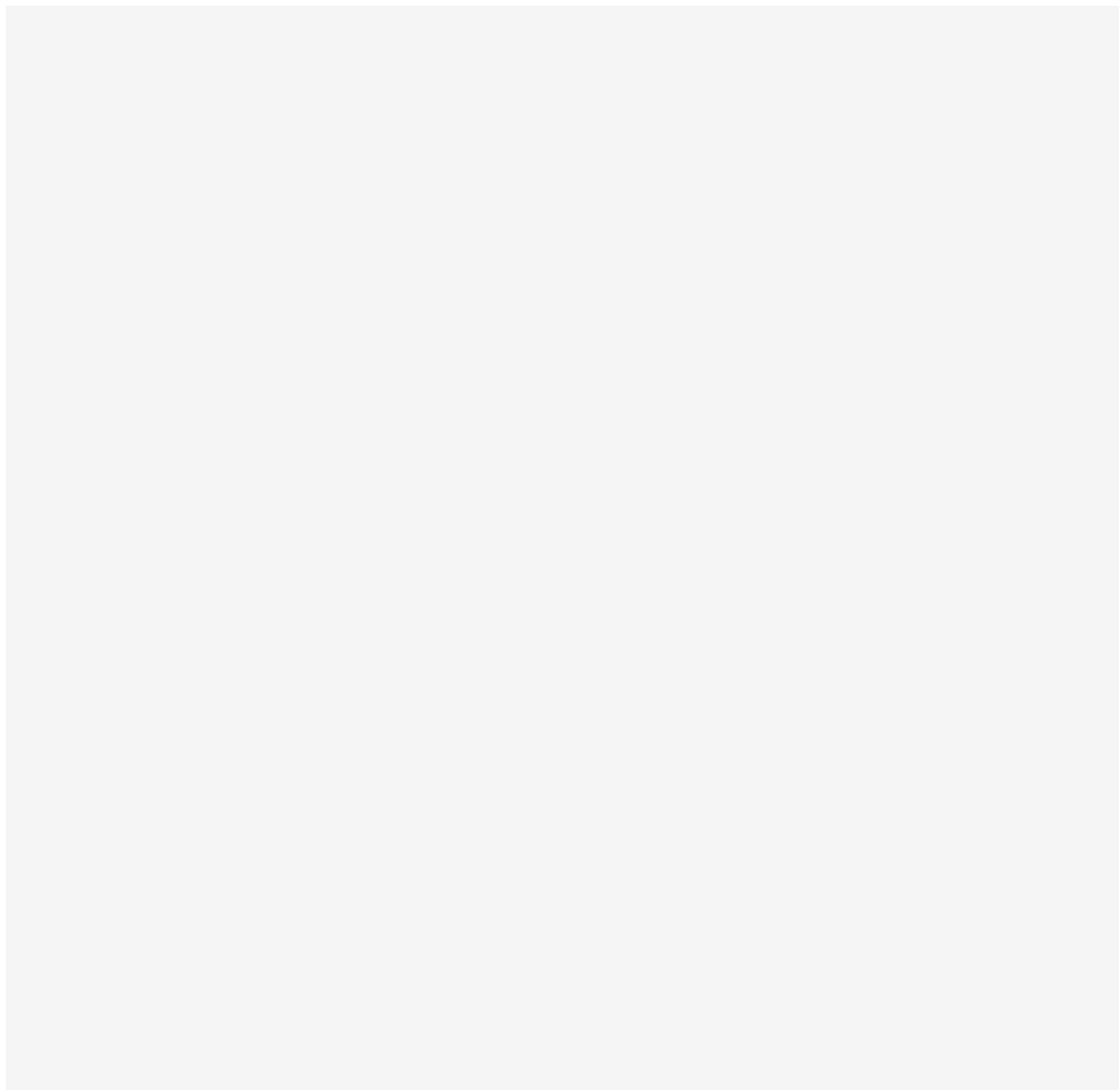








# GETTING TO KNOW ME







# GETTING TO KNOW ME

Where I have lived

What I'm known for

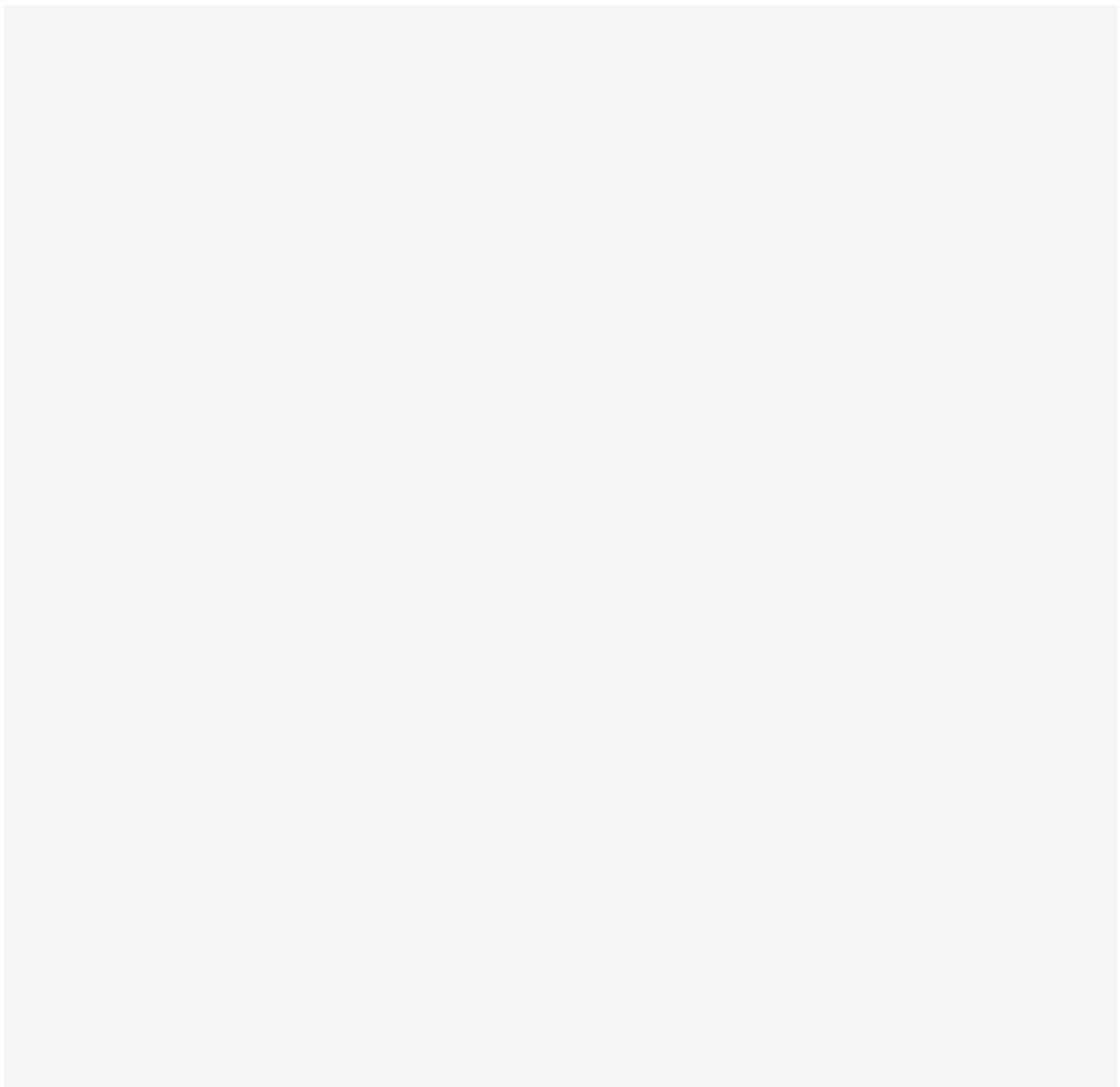
I am absolutely passionate about

My special talent/skill

Quirky tidbits



## MY QUIRKS





# MY QUIRKS

I'm a legend for:

My favourites songs/music

Favourite photos:

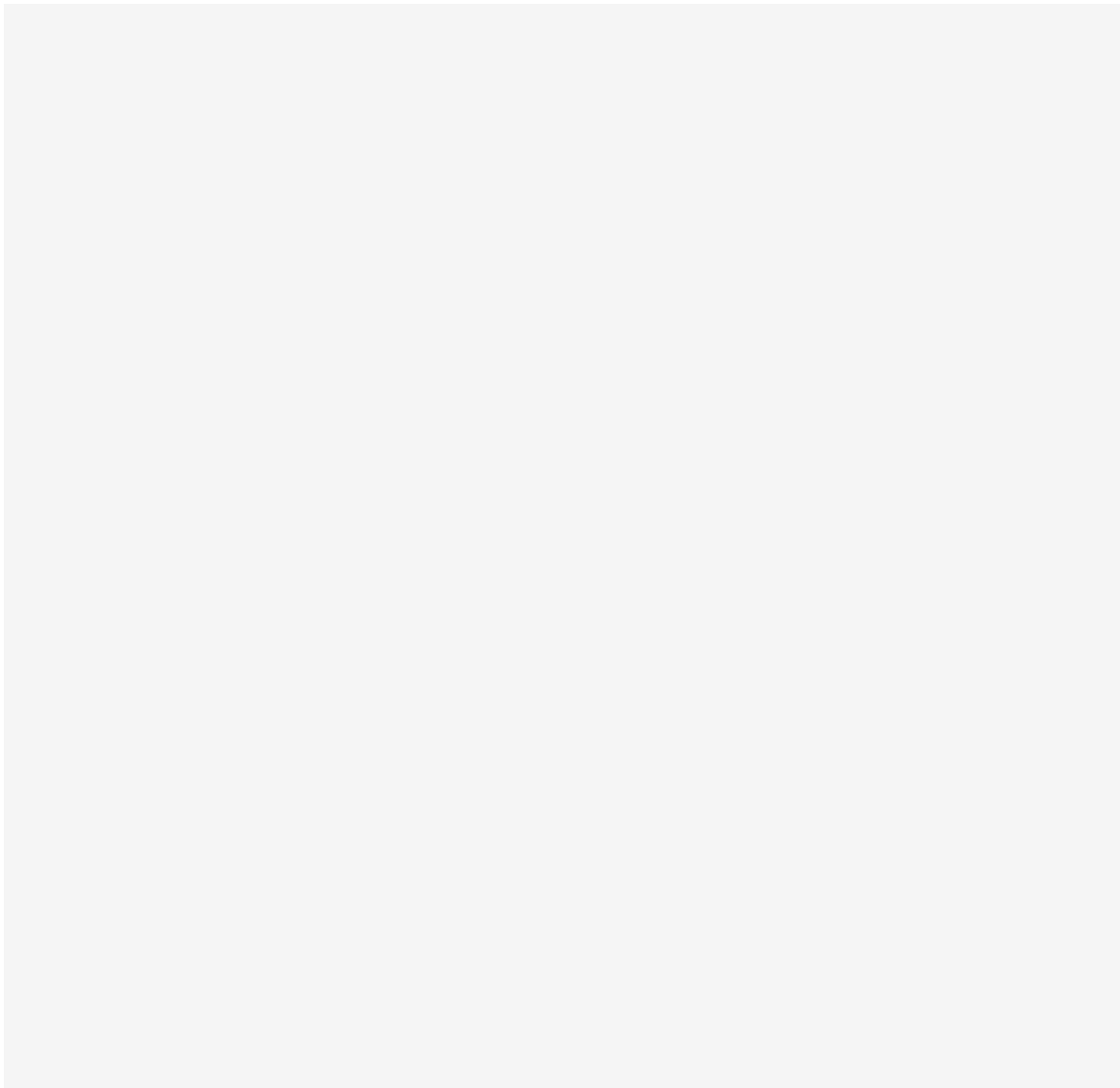
Books I've read that impacted my life

I want to be remembered for





# THE TOUGH STUFF





# THE TOUGH STUFF

Challenges I have overcome

Stories I want to share:

Advice I want to give:

Experiences I wish I could forget

Secrets I've never told anyone





# *My* SECTION TWO *Memories*



# MEMORIES

## HOW TO RECORD YOUR MEMORIES

### RECORDING YOUR MEMORIES - DO WHAT WORKS FOR YOU

Sometimes just knowing that there is no 'wrong' way to record your memories, will free up your mind to 'just do it'.

If you are a structured person who likes order, you'll want to write things down in chronological order.

If you are a 'free thinker' you'll write them down as you remember things and sort it out later.

Others will use photos or mementos to jog their memory. It really doesn't matter, as long as you start...now

....before it's too late.

This journal is provided as a tool to help you. Dig out your photos, look at those special mementos you treasure and can't let go of. Ask yourself why? What memory does it bring up?

If you remember things when watching your favourite TV show, or talking to a friend, keep a note book handy to write down the key points to help you later when you have time to write it down in more detail.

Write first, just how it spills out of your mind. You can edit later!



# MINDMAP

TOPIC TRIGGERS - BLANK PAGE FOR YOUR IDEAS

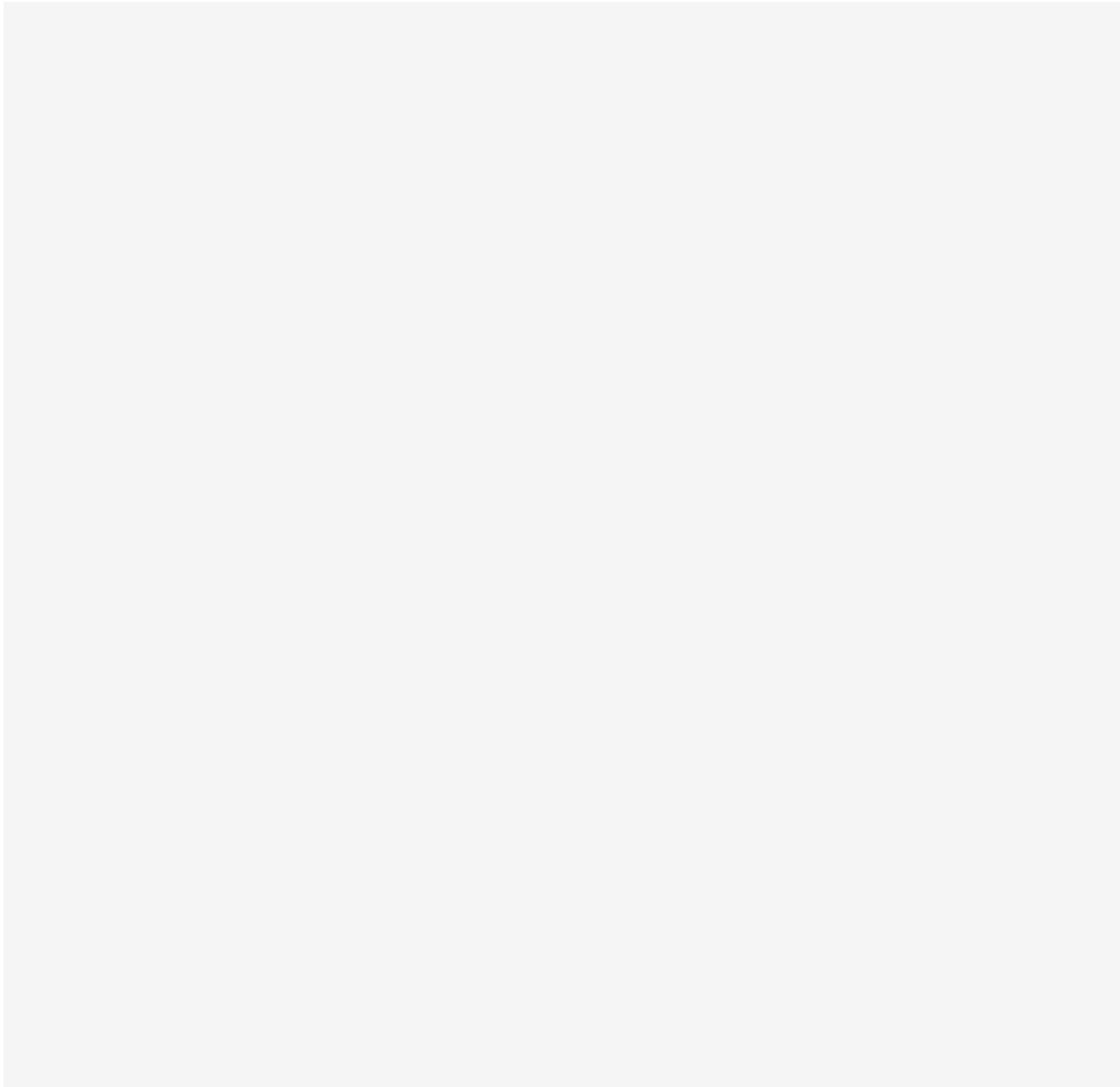
**INSTRUCTIONS:** Use this page to start writing down your ideas before you forget them. You may think of other topics when diving into one of the ones on the previous pages, write it down on these blank pages so they don't get lost!





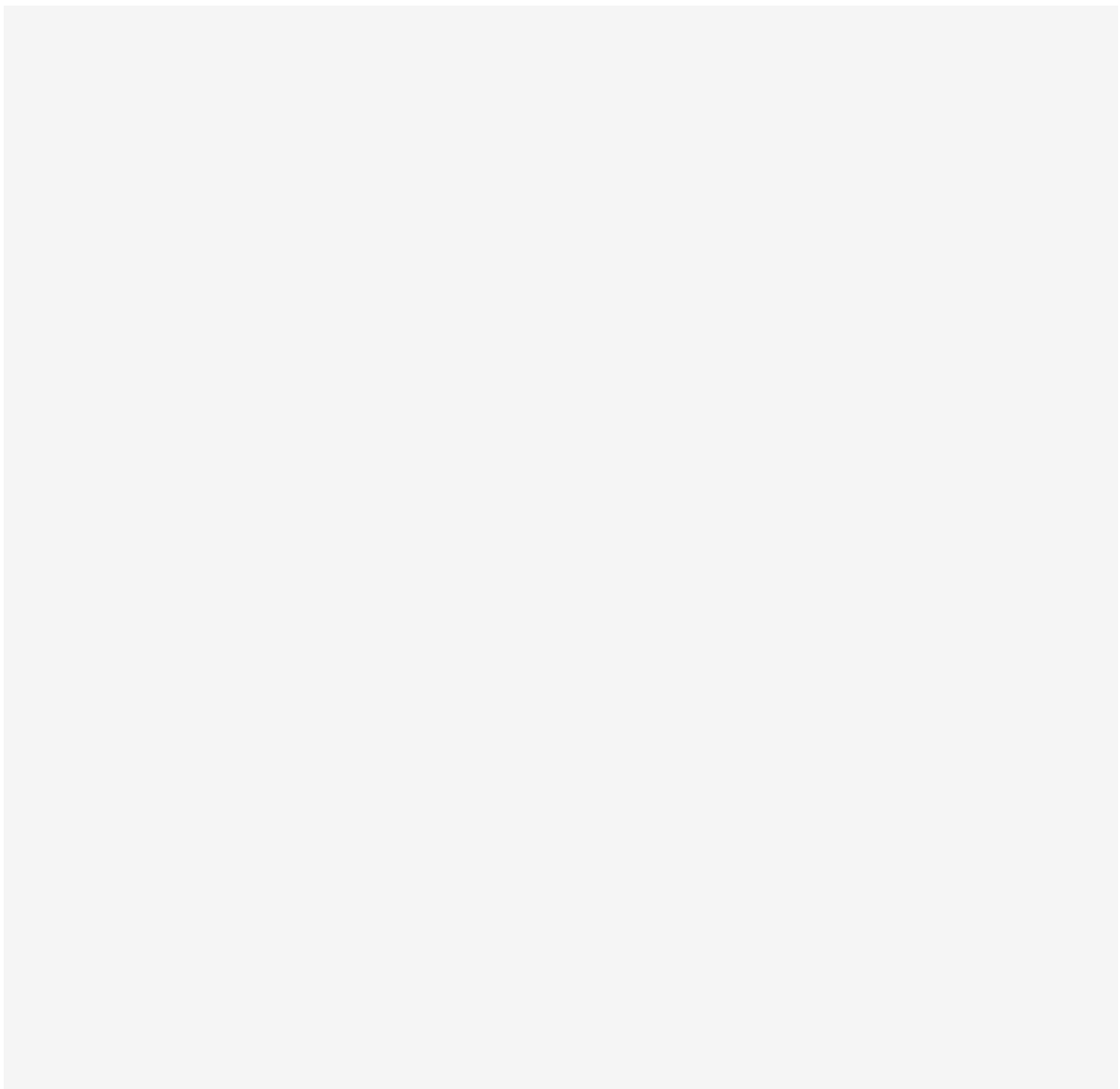


# FAMILY





# CULTURE







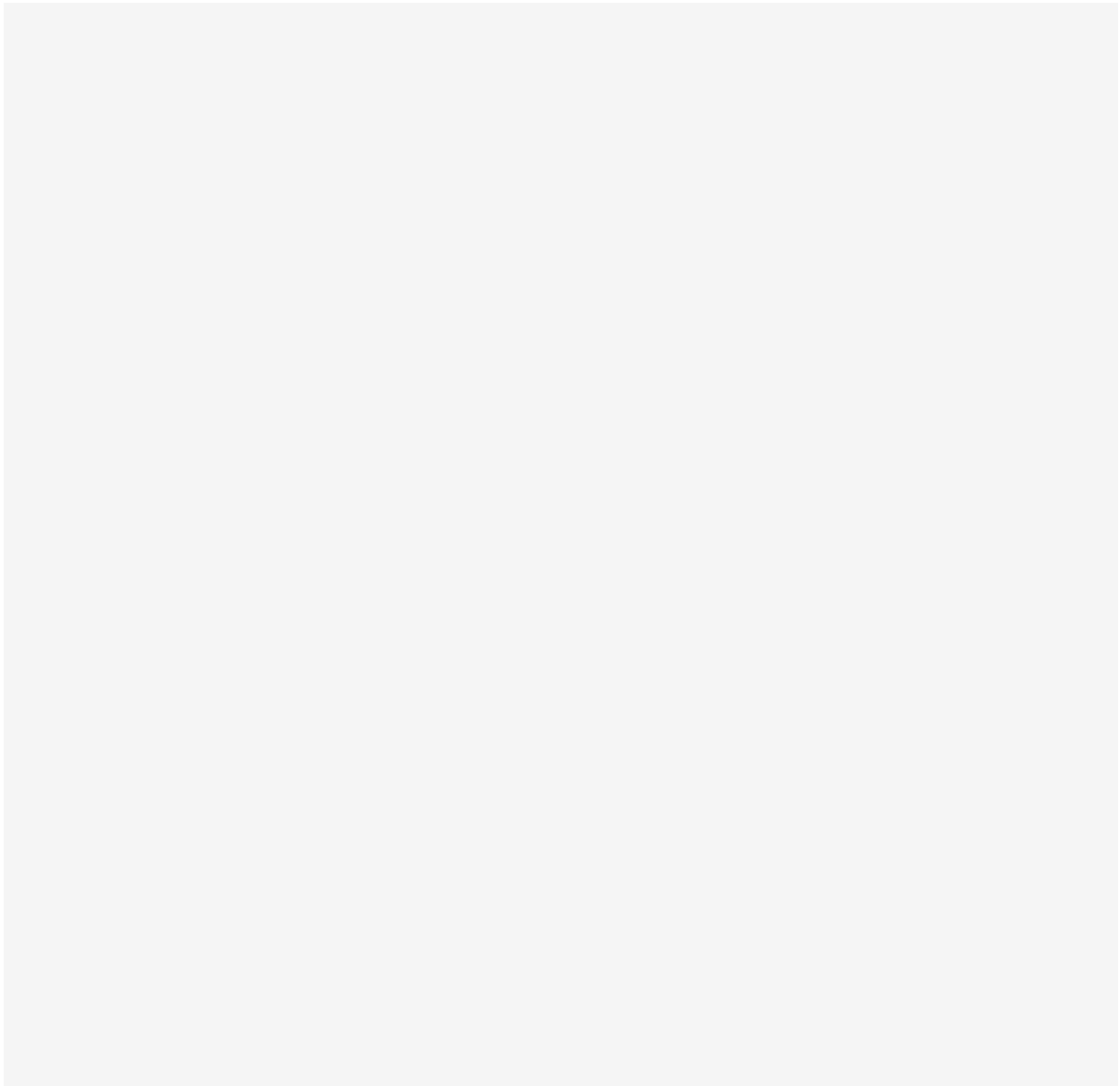


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# TRAVELS

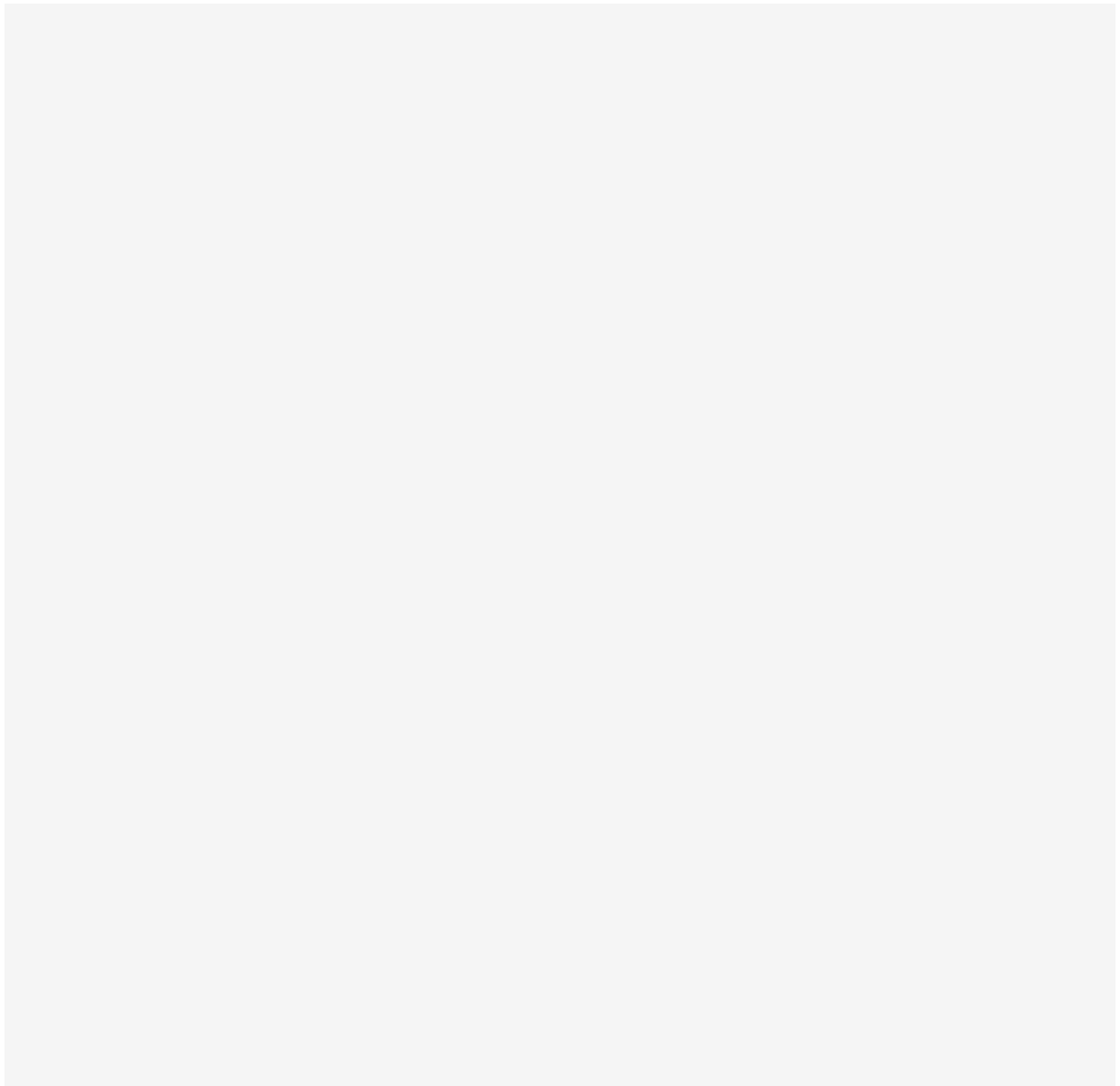


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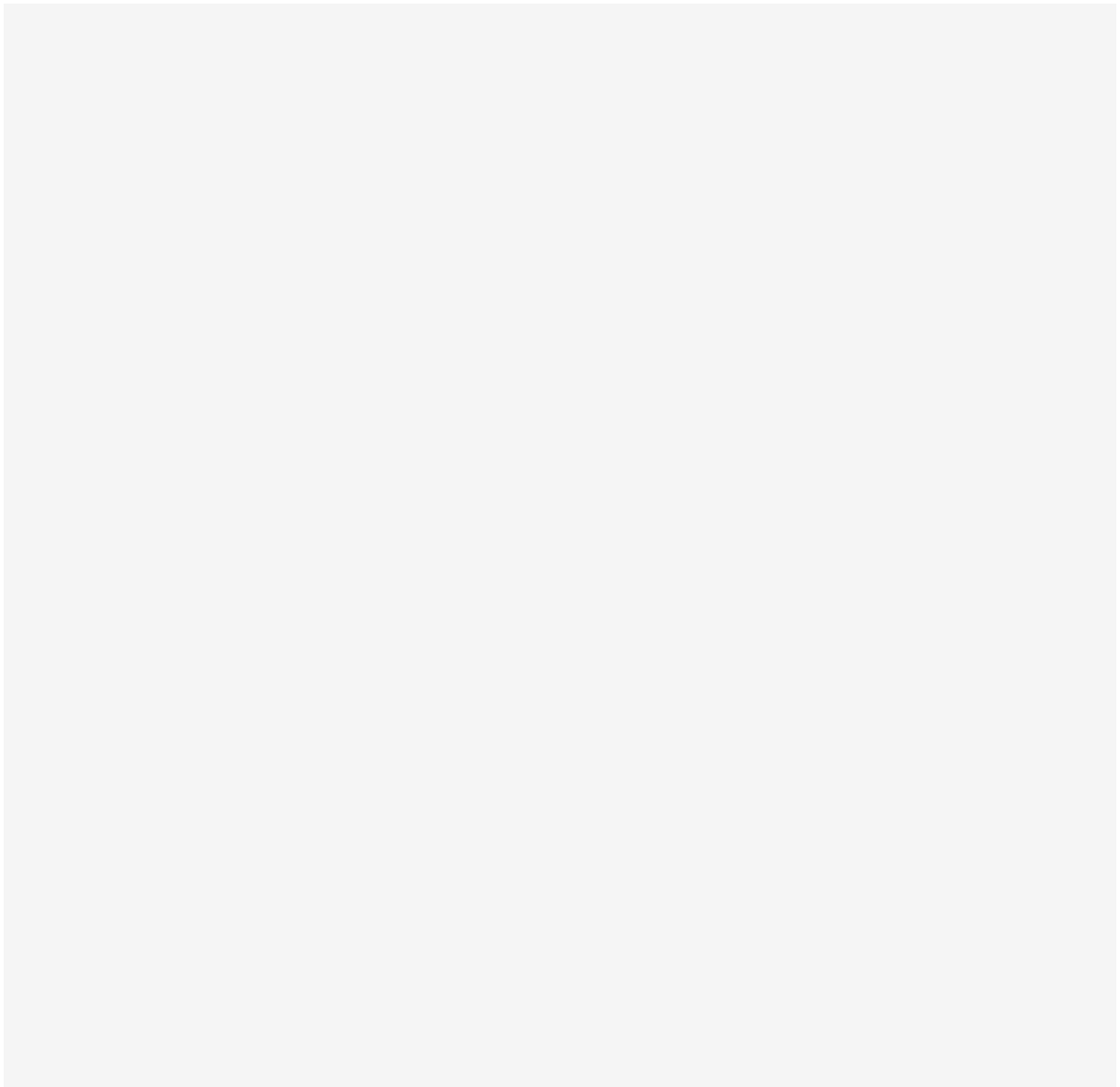
# BELIEFS







# SECRETS







# SECRETS

*Family*  
**SECTION  
THREE**  
*Memories*



# HOW OTHERS SEE ME

USE THIS SECTION TO INVITE OTHERS  
TO SHARE THEIR MEMORIES OF YOU

## DOES IT REALLY MATTER WHAT OTHERS THINK OF YOU?

It doesn't really matter what others think of you...but it's nice to know when they have fond memories and want to share nice things.

Use this section to ask for feedback from friends and family.

What do they think of when they think of you?

What memories do they have of their times spent with you?

What do they see as important for you to record for posterity?

You may choose to include, or not include their recollections, but I'm sure you'll be more than pleasantly surprised about what you will discover when you ask them to share.



# MINDMAP

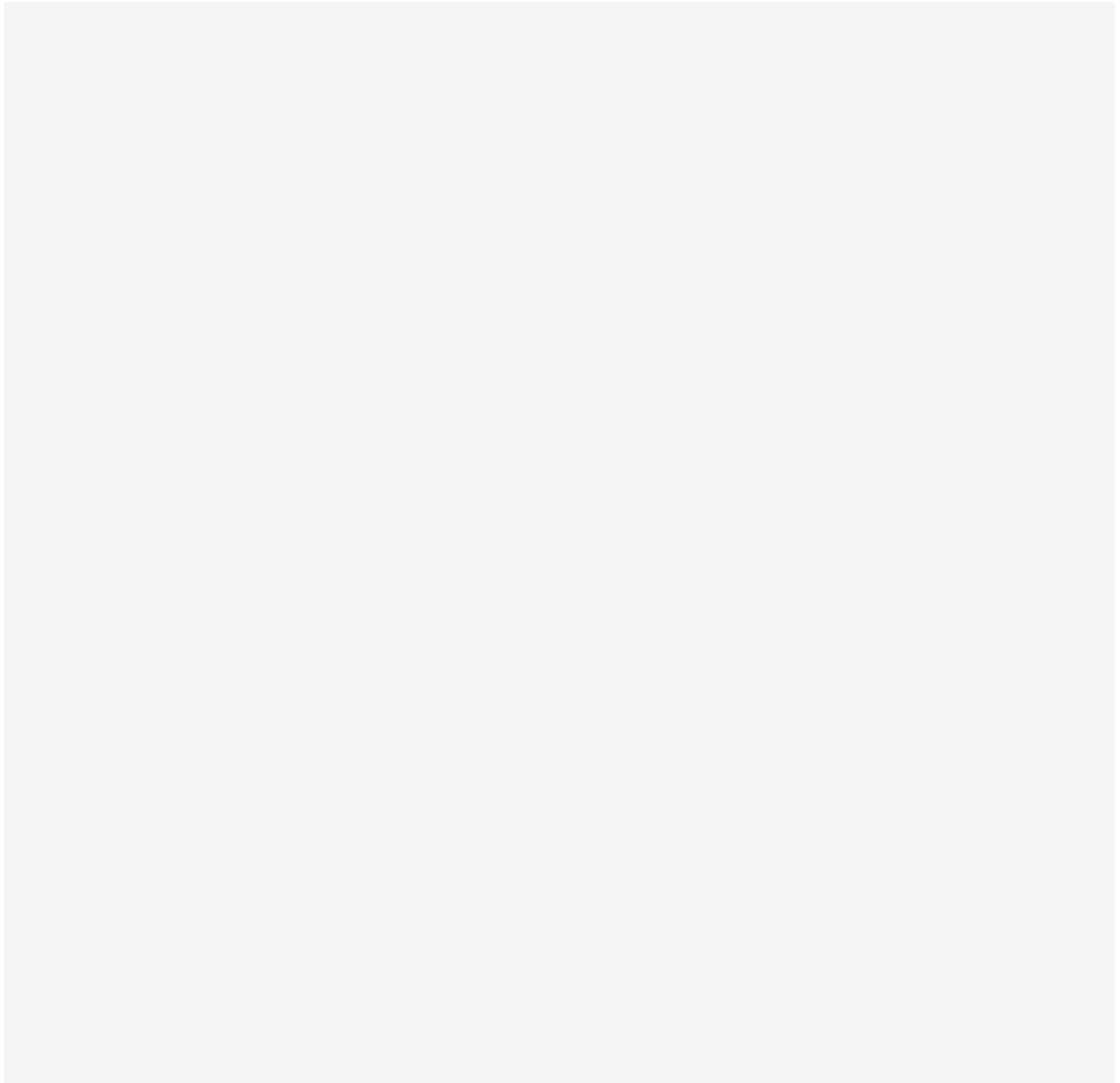
TOPIC TRIGGERS - BLANK PAGE FOR YOUR IDEAS

**INSTRUCTIONS:** What questions would you ask your friends/family to find out what they think about you? Use these honeycomb cells to write down your ideas.





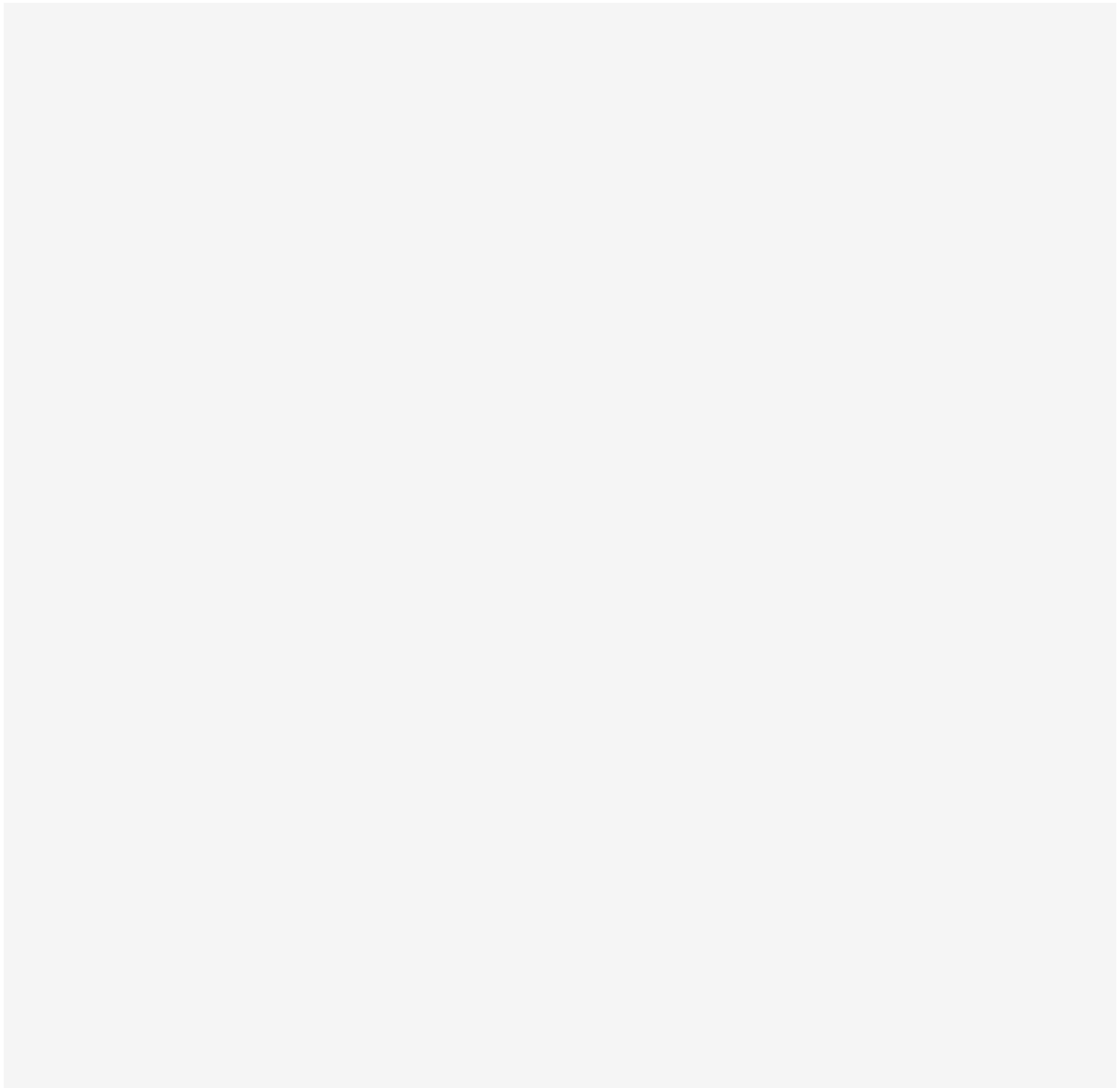
# FAVOURITE FAMILY MEMBER SAYINGS/QUOTES.







# HOW OTHERS SEE ME

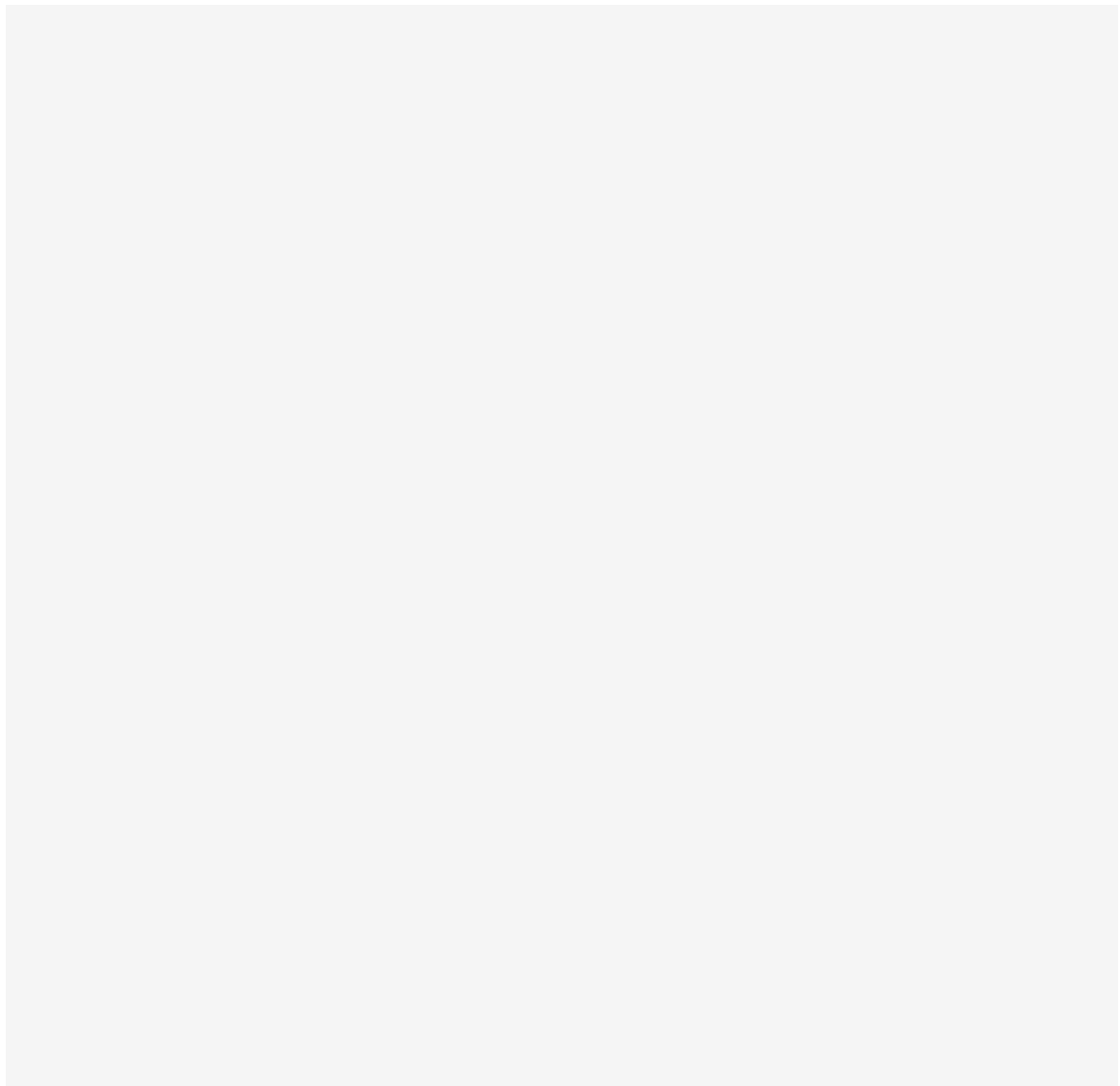


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# MEMORIES - ONE PHOTO AT A TIME

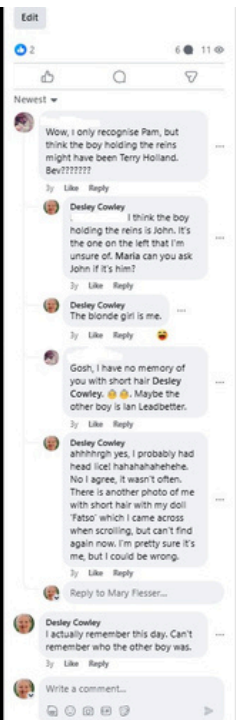






# MEMORIES - ONE PHOTO AT A TIME

Here's a fun activity to help get you started on your memory jogging journey.  
First pick a photo that evokes fond memories for you and others. A past family event perhaps?



# MEMORIES - ONE PHOTO AT A TIME

Print a page each for everyone in the group to write their notes, memories of the day the photo was taken. Even for members who may not have been in attendance. Ask them to jot down their thoughts on listening to your memories.

·It's a picture of my brother, sister, another boy and me.

·My brother teaching me how to oil the bridle

·The backyard toilet out of site at the end of the shed

·The long clothesline

·The house we used to live in to the right of shot

·The neighbouring house we used to live in that was built from train carriages

·The birth of my younger twin siblings, one of whom was born in the train carriage house

# FROM GEOFF HETHERINGTON

'ONE OF THE BEST THINGS I EVER DID'

*Before Geoff Hetherington lost his Dad in 2021 and due to Covid restrictions was not able to be by his side.*

*He shared with his FB friends the following advice:*

'One of the best things I did a couple of years before he left was to get him to write a letter to my son Mike and tell him about what life was like for my Dad at the same age.

Here are a dozen questions you should ask your Dad because you know they will not be around for ever...

1. What are you most proud of in your life?
2. Why did you choose your career?
3. Who was the most influential person in your life?
4. What do you admire most about your own father?
5. What's your biggest life lesson?
6. Is there anything you regret not doing in your life?
7. How would your father describe you?
8. What mistake taught you most about life?
9. What world event had the most impact on you?
10. What do you enjoy most about being a father?
11. What was the hardest moment for you as a father?
12. What's one story I don't know about you?

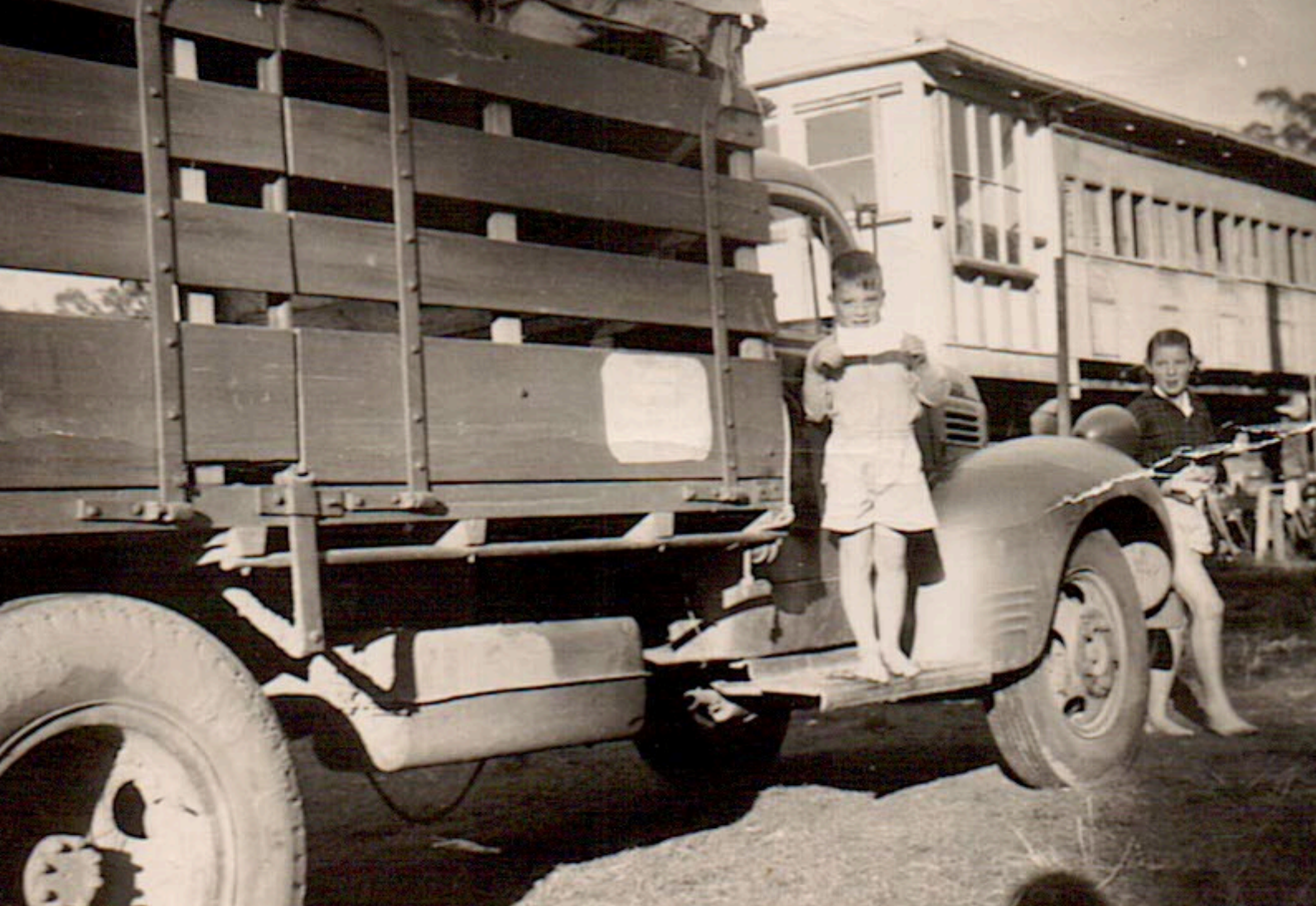
**Bonus** - What's one piece of Life Advice I need to take to heart?'

*It might be too late for you to ask your Dad, but perhaps you could ask yourself these questions and write a letter to your grandchildren. It's all stuff they'll be grateful to know about once they get to a certain age.*



## EXTRA PAGES





## LEAVE A LEGACY FOR LOVED ONES - IN YOUR LIFETIME

- Create a storyboard of key life points
- Write your own eulogy
- Plan your own funeral
- Create an album - either digital, scrapbook or journal style.
- You Tube your story!

*"We all have little pockets of wisdom and wonder to share. Don't leave it too long before you capture yours." Desley Cowley*

CONTACT ME FOR MORE  
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