


Legacy Journal



A 30-Day Guided Journal



Daily Entry

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Choose one specific memory or life event — avoid trying to cover too much at once
 - Name the life stage or era to give context: childhood, early marriage, career years
 - Write the story in vivid sensory detail — sights, sounds, smells, and feelings
 - Note the key people involved and the role they played in that chapter of your life
 - Close with the lesson you carry and the advice you would give to those who follow you



Scan for a detailed guide on how to use this journal

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Life stage *(childhood, teen years, young adult, now...)*

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People involved *(who was part of this memory or story?)*

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Advice for future *(what wisdom would you pass to future generations?)*

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