

LEGACY NOTES™ · FAMILY EDITION

YOUR LEGACY. STILL BEING WRITTEN.

*A guided reflection journal for preserving the wisdom, stories, and life lessons
that deserve to live beyond a single lifetime.*



This sampler includes the Dedication, Welcome, The Legacy Pillars™ Framework, How To Use This Journal, and the complete Pillar 5 — Family, Relationships & Community.

LEGACY NOTES™ FAMILY EDITION
COMING SOON 2026
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DEDICATED



To every version of myself that kept going. To the woman who questioned her path, the woman who carried more than anyone knew, the woman who chose growth over giving up, and the woman still becoming.

And to the generations that follow — may you understand that legacy is not built through grand moments alone, but through intentional decisions repeated daily. May these pages inspire you to reflect deeply, live purposefully, and leave behind something that truly matters.



WELCOME TO LEGACY NOTES™

A LEGACY ISN'T MEASURED BY WHAT YOU LEAVE BEHIND. IT IS MEASURED BY WHAT YOU PASS FORWARD.

For generations, wisdom was shared around kitchen tables, on front porches, during family gatherings, and through conversations between elders and those who followed them. Stories were told, lessons were passed down, and values were preserved through personal connection.

Today, many of those stories are never written down.

Legacy Notes™ was created to help preserve the wisdom, experiences, values, and life lessons that deserve to live beyond a single lifetime.

This journal is more than a collection of memories. It is a place to reflect on the experiences that are shaping you, the lessons you are learning along the way, and the wisdom you hope future generations will carry forward.

Within these pages, you will explore The Legacy Pillars™ Framework — six thoughtfully designed areas of your life, each offering guided reflection pages, wisdom pages, legacy lists, and letters to those you love most.

There is no right or wrong way to use this journal. Take your time. Reflect honestly. Write from the heart.

The stories, lessons, and wisdom you preserve today may become some of the most treasured gifts your family receives tomorrow.

With gratitude,

STACEY MICHELLE

Founder, Legacy Notes™

THE HEART OF THIS JOURNAL

THE LEGACY PILLARS™ FRAMEWORK

Legacy Notes™ is organized around six pillars — each one representing a distinct and essential dimension of a life fully lived. Together, they create a complete portrait of who you are, what you believe, and what you want to pass forward.

PILLAR ONE FAITH & PURPOSE <i>What guides me?</i>	PILLAR TWO HEALTH & WELL-BEING <i>What sustains me?</i>
PILLAR THREE FINANCIAL WISDOM <i>What secures me?</i>	PILLAR FOUR WISDOM & LIFE LESSONS <i>What taught me?</i>
PILLAR FIVE · FEATURED BELOW FAMILY, RELATIONSHIPS & COMMUNITY <i>The People Who Shaped You</i>	PILLAR SIX LEGACY & REMEMBRANCE <i>What will I pass forward?</i>

Each pillar contains reflection pages, wisdom pages, legacy lists, and a legacy letter. You may move through this journal in order or begin wherever your heart leads.

BEFORE YOU BEGIN

HOW TO USE THIS JOURNAL

Legacy Notes™ is designed to be used at your own pace. There are no deadlines, no perfect answers, and no expectations other than honesty. As you move through each pillar, you will encounter four types of pages:

REFLECTION	Open-ended prompts inviting you to tell your story honestly — the struggles alongside the triumphs.
WISDOM	Prompts designed to capture the hard-earned lessons that deserve to travel forward through every generation.
LEGACY LIST	Structured lists for preserving the names, values, stories, and truths you most want remembered.
LEGACY LETTER	Each pillar closes with an invitation to write directly to the people you love — in your own words, without holding back.

A FEW GENTLE REMINDERS

- ✦ Write from the heart. Be honest about both successes and challenges.
- ✦ Return to pages as your life continues to unfold. This journal grows with you.
- ✦ There is no wrong answer. Perfection is not the goal. Preservation is.
- ✦ You may add photographs, recipes, letters, or keepsakes throughout.
- ✦ Future generations may someday wish they had asked. Now they won't have to.

YOUR STORY MATTERS. YOUR WISDOM MATTERS. YOUR LEGACY MATTERS.

PILLAR FIVE

FAMILY, RELATIONSHIPS & COMMUNITY

The People Who Shaped You

Not everyone who shapes our lives shares our last name.

The people who loved you, challenged you, showed up for you, and believed in you — whether by blood or by choice — are part of your legacy too. This pillar is an opportunity to honor them, preserve the stories that connect you, and pass forward the relationship wisdom that took a lifetime to earn.



BEGIN WITH THE PEOPLE WHO HELPED SHAPE THE PERSON YOU'VE BECOME.

REFLECTION

THE FAMILY THAT SHAPED ME

You belong to people who shaped you in ways you are still discovering. Before you begin, take a moment to think about the family members who helped shape the person you've become.

- How would you describe the family you grew up in?
- Who were the most significant figures in your early life — and what did they give you?

Tell the story of the family that helped shape the person you are still becoming.

YOUR STORY

REFLECTION

COMMUNITY, CHOSEN FAMILY & MEANINGFUL CONNECTIONS

The communities we belong to help form us. The chosen families we build sustain us. Before you begin, take a moment to think about the people and places where you've found belonging, support, and connection throughout your life.

- What communities have been most meaningful in your life?
- Who became family to you that you were not born connected to?

Describe the community that carries you — and the chosen family that continues to shape your journey.

YOUR STORY

REFLECTION

PEOPLE I AM MOST GRATEFUL FOR

Gratitude is one of the most powerful things you can pass forward. Before you begin, take a moment to think about the people whose love, wisdom, encouragement, or kindness helped make you the person you are today.

- Who are the people you are most grateful to have had in your life?
- What specific gifts — of time, wisdom, love, or support — did they give you?

Tell the story of the people who have made your life richer simply by being part of it.

YOUR GRATITUDE

LEGACY LETTER

A LETTER TO MY FAMILY

This is the letter from the heart of this entire pillar. Not advice. Not instructions. Just love — offered honestly, generously, and with the full weight of everything you have learned about what family truly means.

YOU MIGHT SHARE

- What your family has meant to you — in your own words, without holding back
- The things you hope they always know about how deeply they are loved
- The legacy of love, connection, and belonging you hope lives on through them

Write the letter your family will read and reread for generations.

DEAR FAMILY,

WITH ALL MY LOVE,

THANK YOU

FOR BEGINNING YOUR LEGACY JOURNEY.

*This is only the beginning. When you're ready, the complete Legacy Notes™ Family Edition
will be waiting for you.*

CONTINUE YOUR JOURNEY
VISIT LEGACYNOTESPROJECT.COM