

LOSS OF A PARENT SERIES

CARRYING YOUR PARENT'S LEGACY FORWARD

*Honoring the Love, Lessons,
and Influence That Remain*

Legacy | Values | Memory | Love

A parent's legacy is often found in the everyday ways they continue to shape your life: the values they taught, the stories they told, the traditions they started, and the love they gave. Carrying their legacy forward does not mean you have to do something large or public. It may be as simple as sharing their humor, using their wisdom, making a favorite recipe, or living in a way that reflects what mattered to them. Their influence can remain a meaningful part of your story.

Their legacy can live on in the love and meaning you carry forward.

1 WHAT LEGACY MEANS

- Legacy is more than an achievement or a name.
- It can be found in the love and values they shared.
- Their influence may appear in quiet, everyday ways.
- You get to decide what legacy means to you.

2 LESSONS THEY GAVE

- You may carry their advice in the choices you make.
- Their work ethic, humor, faith, or kindness may live in you.
- Notice the ways you hear their wisdom within yourself.
- These lessons can become part of your own life.

3 STORIES WORTH SHARING

- Tell stories about who they were beyond the loss.
- Share the funny, ordinary, and meaningful memories.
- Stories help younger generations know them, too.
- Speaking their name can keep connection close.

4 TRADITIONS TO CARRY

- A recipe, holiday ritual, saying, or hobby may feel important.
- You can continue a tradition or adapt it to fit your life.
- Small practices can honor the love behind the tradition.
- Keep the meaning, not every object.

5 VALUES IN ACTION

- Consider what mattered most to your parent.
- You may honor them through kindness, service, family, or faith.
- Living your values can be a quiet tribute.
- Their influence can guide without limiting your path.

6 CREATING SOMETHING NEW

- You may start a new ritual in their memory.
- Planting a garden, giving to a cause, or gathering family can be meaningful.
- A legacy can grow in ways they never imagined.
- Choose what feels true rather than what looks impressive.

7 MAKING ROOM FOR YOU

- You are not required to carry every part of their legacy.
- Your own hopes and identity matter, too.
- Honor can include adapting what you were given.
- You can move forward in a way that is authentically yours.

8 LOVE THAT CONTINUES

- Their influence can remain in the way you love others.
- You may recognize pieces of them in your family and life.
- Moving forward does not mean leaving them behind.
- Love can continue to shape what comes next.

A GENTLE REMINDER

A legacy can live in the everyday ways their love continues through you.



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