



HONORING YOUR SIBLING'S LIFE AND LEGACY

*Finding Personal Ways to Remember the Life They
Lived and the Difference They Made*

After a sibling dies, you may feel a desire to honor the life they lived and the place they continue to hold in your family. Legacy is not only about major accomplishments. It can be found in ordinary moments, relationships, values, humor, traditions, kindness, lessons, and the countless ways your sibling touched the lives of others.

WHAT DOES LEGACY REALLY MEAN?

A person's legacy is the imprint of their life. Your sibling may have influenced the way you think, the traditions your family keeps, the stories you tell, or the way you care for other people. Some parts of that legacy may be obvious, while others reveal themselves slowly as you recognize qualities, sayings, habits, or values that continue beyond their death.

WAYS YOU MAY CHOOSE TO HONOR THEM

- Share stories and photographs that reflect who your sibling truly was.
- Continue a tradition, recipe, hobby, cause, or act of kindness that mattered to them.
- Create something meaningful - a memory book, garden, scholarship, donation, keepsake, annual gathering, or personal ritual.

GENTLE REMINDER

You do not have to create something extraordinary for your sibling to have a lasting legacy. A life can continue to matter through love, stories, values, relationships, and the people who remember.

LET THE TRIBUTE FIT THE PERSON

There is no requirement that honoring your sibling be public, permanent, or elaborate. A quiet act can carry as much meaning as a large memorial. Think about who your sibling was and what would feel authentic to your relationship. You may discover that the most meaningful tribute is simply living out something they taught you or carrying forward a quality you admired in them.

WHEN HONORING THEM FEELS LIKE PRESSURE

Sometimes remembrance can begin to feel like a responsibility. You may worry that you are not doing enough, that traditions will disappear, or that others will forget. You do not have to prove your love through constant memorializing. If a project or tradition becomes burdensome, you are allowed to change it, pause it, or choose another way to remember.

A DEEPER LOOK

Legacy can live through many people. Your sibling may be remembered by parents, children, a spouse or partner, friends, coworkers, extended family, and others whose lives they touched. You do not have to carry their entire story alone. Listening to other people's memories can help you see the many ways your sibling mattered beyond the parts of their life you personally witnessed.



PRESERVING THE ORDINARY DETAILS

- Over time, it is often the small details people fear losing - a laugh, favorite phrase, nickname, recipe, holiday habit, song, story, or the way your sibling responded to everyday life. Consider writing these details down when they come to mind. Label photographs, save a voice recording if you have one, or invite family members to contribute memories.
- These ordinary details can become treasured pieces of family history. They help future generations know your sibling as a person rather than only through the circumstances of their death.
- You do not need to preserve every possession to preserve a legacy. Objects can hold meaning, but the deeper legacy often lives in relationships, stories, values, and the ways a person's life changed others.

A THOUGHT TO CARRY WITH YOU

Legacy is not only what your sibling left behind. It is also what continues to grow because they were here.

A MOMENT FOR REFLECTION

ALLOWING LEGACY TO GROW WITH YOU

The way you honor your sibling may change over the years. What comforts you now may be different later, and new ways of remembering may emerge as your own life changes. Legacy is not a single memorial or one special day. It is the continuing influence of a life that mattered. You can carry your sibling forward while still allowing yourself to create a future that is fully your own.

Children, grandchildren, nieces, nephews, and future family members may know your sibling largely through the stories others tell. Sharing photographs, funny memories, meaningful traditions, and honest stories can help them understand who your sibling was. You can include both strengths and imperfections; a genuine life story does not need to be idealized to be honored.

A MOMENT FOR REFLECTION

What part of your sibling's life would you most like others to remember? Is there a value, story, tradition, or act of kindness you would like to carry forward in their honor?

CREATING A NEW FAMILY BALANCE

A family does not return to exactly what it was before a sibling died. Over time, however, it can find a different balance. Allow yourself to remain who you are rather than feeling that you must become the person who died. Your sibling's place in the family was unique, and so is yours.

With heartfelt compassion,
Linda Findlay
Founder, Mourning Discoveries