

CARRYING THEIR LEGACY

Love Continues in Meaningful Ways

Memory • Tenderness • Support • Hope

Their life has
meaning. The love
they gave and inspired
can continue forward.



Carrying a loved one's legacy does not mean you must do something big or public. It can be as simple as telling their story, living a value they taught you, choosing kindness in their name, or making room for their memory in everyday life.

A legacy is love carried forward.
It can be quiet, personal, and entirely your own.

1 WHAT LEGACY CAN MEAN

- A legacy is more than an achievement.
- It can be a value, story, or way of loving.
- It may be visible to others or known only to you.
- There is no single right way to carry it.

2 WHAT THEY GAVE YOU

- A lesson, value, or shared tradition.
- A sense of humor, courage, or kindness.
- A favorite saying, song, or way of seeing life.
- A love that continues to shape you.

3 SMALL WAYS TO CARRY IT

- Tell a story or share a favorite memory.
- Do one kind act in their name.
- Keep a tradition that feels meaningful.
- Write down what you never want forgotten.

4 CREATING A LIVING TRIBUTE

- Plant something or create a memory space.
- Support a cause they cared about.
- Make a donation or volunteer when ready.
- Let the tribute reflect who they truly were.

5 WHEN YOU NEED WORDS

- "Their life still matters to me."
- "I want to keep their story alive."
- "This reminds me of them."
- "Their legacy is part of our family."

6 SUPPORT & CONNECTION

- Invite others to share their memories.
- Include their name in family conversations.
- Connect with others who understand loss.
- You do not have to remember alone.

7 CARING FOR YOURSELF

- Let legacy work be gentle, not pressured.
- Pause when it feels emotionally heavy.
- Choose what feels authentic to you.
- Your love does not need to be proved.

8 HOPE FOR TOMORROW

- Legacy can grow and change over time.
- Love can become part of how you live.
- Remembering does not keep you from healing.
- Their influence can continue in beautiful ways.



MOURNING DISCOVERIES

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A legacy is love carried forward.

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