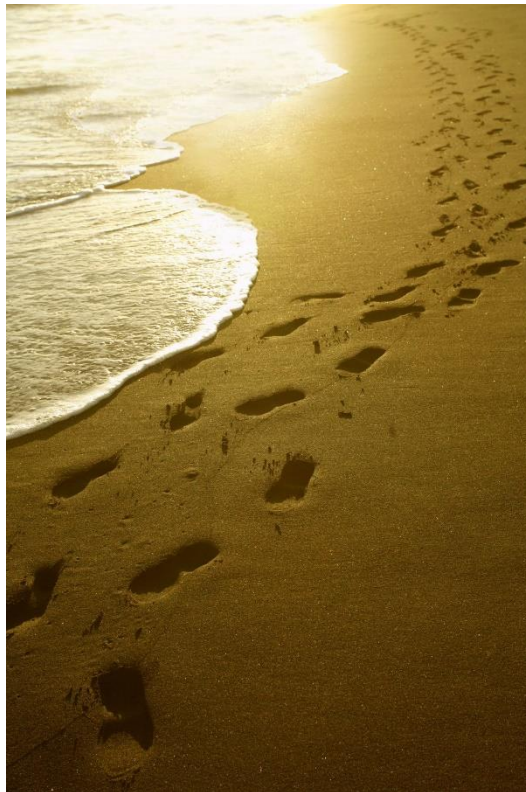


Create a Legacy

***A Process for
Living Your Life with Intention***



***by Ann Ranson
Coach, Facilitator, Guide, Speaker***



Create a Legacy by Living Your Life with Intention

What is Legacy? And why do you want to create one?

Webster's defines legacy as: *anything handed down from the past*. Like the footsteps in the sand, what are you leaving behind?

Yes, there is an element of death involved, but that is not the purpose of this e-book. "*Living Your Life with Intention*" is about a daily life with filled intention and purpose so that when the time does come to leave earth - you'll be proud of what you are leaving behind.

It may be a subtle difference, but as you know subtle changes equal profound results.

Think for a moment about how you feel when you think of preparing for your death. What do you feel and where do you feel it? Now, think about how you feel when you think of living each day with purpose and passion. How does that feel? Different from preparing for death? Yet, traveling through each step of this process you end up in the same place. We will all leave earth sometime. So, part of living today is to get your affairs in order, emotionally, physically, and spiritually. Most importantly, it's about acting instead of reacting to life. It's about taking charge and using the Creating Legacy process to make each day count.

Creating a legacy is really about living your life with intention and purpose. It's about stopping right now to think and act on what you want your life to stand for. When the end of your days come, what do you want people left in earth to remember you for? And, if you believe in an after-life - when you arrive there, what will you look back on here with pride? What qualities, actions and memories will convince you that your life was valuable, that it contributed to those around you and maybe even to the earth beyond your immediate circle?

You come here with a purpose - with gifts and challenges to help you enjoy this lifetime and to help you to grow. In order to grow, you must be conscious and aware of your life. Your dream probably isn't to just wake up, feed the dogs, cats, and kids, go to work, leave work, take the kids to ballet, soccer and piano, cook dinner, clean the kitchen, watch a little TV, go to bed, only to get up the next day and do it all over again. This is not living to your fullest - this is called going through the motions! Do you want more than that? Or something else?



Creating Legacy is a process and framework to ensure that you have made a difference.

It's about knowing what you want and having a plan to get it. And it's not just about things - it's about your values, your connections with people and the universe, it's about your spiritual life. If you want to know that your life is counting for something, you will WANT to start today by making small and possibly large changes that move you closer towards that goal.

The framework below asks questions to spark your creative juices. You're not expected to do everything suggested. And, you'll probably think of many other areas of your life where you want to be more intentional than I haven't thought of.

In a sense, think of this workbook as a brainstorming tool to jump start your INTENTIONAL legacy building. Because remember whether intentional or not, we are building a legacy - the question is - is it the one we want?

Make some notes about the thoughts, feelings, and ideas that you get. Let these observations sink in. Set aside some time when you can contemplate, pray, or meditate on the findings. Ask for guidance to understand your next best steps - those that serve your highest good. Decide which dimension you want to focus on first. Choose the one that calls the loudest to you - knowing that as you commit yourself to the ***Creating Legacy*** process, all others will come into the foreground, in their perfectly right time.



Benjamin Franklin's: *"By failing to plan, you are preparing to fail"*.



To begin, set aside some time to begin this reflective work.

How well do you think you are living each of these areas of your life? Are you living them WITH INTENTION AND PURPOSE? As you think about each of these life themes, allow yourself to open to your true feelings and desires related to each dimension of your life. Ask yourself how you would like for this dimension to be expressed. What intentions would you like to make to be sure that you are moving towards creating your perfect legacy?

Have you chosen your first dimension of focus? Write it down here: _____.

Now, write down why this is your first choice? Why is this dimension of your life so important?

It is now time to develop your intention plan for **Creating Legacy** in this dimension of your life. As you complete this area, you will move on to the next, and then the next, until you have completed all 8 areas of your life. Below is a summary of each step in the *Legacy Intention Plan* to get you started:

Focus Area:	Which of the 8 dimensions will you focus on now?
Ultimate Legacy Vision:	What do you want your legacy to look like when you're done? Be very descriptive - get juicy - using all of the English language to embellish your vision. Is your vision clear, consistent, does it serve and are you passionate about it?
Be Steps:	What do you need to be to create your legacy and how will you become that? What do you need to release or claim?
Do Steps:	What do you need to do to create your legacy?
Have Steps:	What do you need to have to create your legacy and how will you get it?
Who Steps:	Who do you need to talk to; forgive or let go of?



Have you chosen your second dimension of focus? Write it down here: _____.

Now, write down why this is your second choice? Why is this dimension of your life so important?

It is now time to develop your intention plan for **Creating Legacy** in this dimension of your life. As you complete this area, you will move on to the next, and then the next, until you have completed all 8 areas of your life. Below is a summary of each step in the *Legacy Intention Plan* to get you started:

Focus Area:	
Ultimate Legacy Vision:	
Be Steps:	
Do Steps:	
Have Steps:	
Who Steps:	



Have you chosen your third dimension of focus? Write it down here: _____.

Now, write down why this is your third choice? Why is this dimension of your life so important?

Focus Area:	
Ultimate Legacy Vision:	
Be Steps:	
Do Steps:	
Have Steps:	
Who Steps:	



Have you chosen your fourth dimension of focus? Write it down here: _____.

Now, write down why this is your fourth choice? Why is this dimension of your life so important?

Focus Area:	
Ultimate Legacy Vision:	
Be Steps:	
Do Steps:	
Have Steps:	
Who Steps:	



Have you chosen your fifth dimension of focus? Write it down here: _____.

Now, write down why this is your fifth choice? Why is this dimension of your life so important?

Focus Area:	
Ultimate Legacy Vision:	
Be Steps:	
Do Steps:	
Have Steps:	
Who Steps:	



Have you chosen your sixth dimension of focus? Write it down here: _____.

Now, write down why this is your sixth choice? Why is this dimension of your life so important?

Focus Area:	
Ultimate Legacy Vision:	
Be Steps:	
Do Steps:	
Have Steps:	
Who Steps:	



Have you chosen your seventh dimension of focus? Write it down here: _____.

Now, write down why this is your seventh choice? Why is this dimension of your life so important?

Focus Area:	
Ultimate Legacy Vision:	
Be Steps:	
Do Steps:	
Have Steps:	
Who Steps:	



Have you chosen your eighth dimension of focus? Write it down here: _____.

Now, write down why this is your eighth choice? Why is this dimension of your life so important?

Focus Area:	
Ultimate Legacy Vision:	
Be Steps:	
Do Steps:	
Have Steps:	
Who Steps:	

Now that you've completed all eight dimensions, how do you feel?

At a minimum, I hope you feel a sense of accomplishment! And ideally, I hope you feel some peace, knowing that you are giving yourself and your family a HUGE gift.

I've experienced many friends who've been left with a big fat mess because the person dying didn't take care of even the basics. Congratulations to you for not becoming a charter member in that club!

Creating Legacy workbook goes way beyond the basics. So, however much of it you complete now, consider yourself a champ! You've tackled a subject that is impossible for some. I hope you'll come to see it as a mystical journey into your life on Planet Earth!



Creating Legacy is designed to bring you into living your life fully in this moment while clearly planning for the future. Please let me know how your journey goes - I'd love to hear your story of discovery.

Godspeed,
Ann Ranson

Blank Legacy Intention Plan for updates along the way

Start Date:	
Focus Area:	
Ultimate Legacy Vision:	
Be Steps:	
Do Steps:	
Have Steps:	
Who Steps:	
Completion Date:	

This is a work in progress - but do date it to give yourself a frame of reference for the future. Come back and revisit each dimension of your life on an annual or periodic basis. You'll find some things have changed, while others remain the same.



Written by Ann Ranson, a teacher, facilitator, and guide for powerful breakthroughs that support personal and professional growth.

Her passion for helping others see the possibilities has helped countless clients dig deep into the root of their situations and find ideal outcomes for happiness and success.



I'm Ann Ranson

- Over 30 years as a devoted student of spirituality and personal growth & development, sharing all I've learned on the journey.
- My Transformation Game clients say things like, "I had no idea that the Game would give that much insight to me personally but my partners as well."
- My coaching clients say things like, "Ann has been my spiritual coach for three months. With each call I learn more about not only who I am but what has been blocking my good. It always amazes me how Ann "knows" what needs to be said and then I say it!!!"

Free Download:

"Roadmap to Prioritizing What Matters Workbook" A Practical Workbook to pinpoint your priorities so you can live your most fulfilled and joyous life. <https://annranson.com/free-tools-self-awareness/>

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