

Your Legacy



Being aware of your behaviour and its impact on others can be challenging at times. If you can look at or understand your behaviour and its impact from another person's perspective it gives you a greater self-awareness and empathy for others. It helps to improve your emotional intelligence and stretches your communication skills. If you struggle to see how your behaviour impacts on others, try this Legacy exercise as a starting point.

If you retired or left work next Friday what would you want your colleagues to say (or think) about you after you've gone? Write one sentence or three key words to describe how you'd like others to think and say about you:

1. _____
2. _____
3. _____

What do you need to start, stop or continue doing from today to ensure your legacy, what you wrote above, is realised? List at least three actions:

What I need to **start** doing: _____

What I need to **stop** doing: _____

What I need to **continue** doing: _____

Reflect on this exercise: what help do you need to achieve the legacy you want?

Who will I ask to help me: _____