



THE COACHING GROUP

LEGACY

WE OFTEN FOCUS ON THE SHORT TERM. THIS EXERCISE ENCOURAGES YOU TO TAKE A LONGER-TERM VIEW OF THE IMPLICATIONS OF YOUR ACTIONS. BY TAKING A MORE EXTENDED PERSPECTIVE, WE CAN REFLECT ON HOW OUR CHOICES TODAY RIPPLE THROUGH TIME, SHAPING THE NARRATIVES OF THE FUTURE.

Imagine it is 10 years in the future, and you are with a new group of friends, telling them the story of your current situation. What would you want to say, looking back on these events, about how you handled this?

If your children looked back on this time in your life and the situation you are facing, what would you like them to say about it? What would you like them to have learned from it?

