



# Storytelling for Legacy Assignment

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Tags	

## Purpose

Craft a "legacy message"—a piece of your story that could help someone else rise.

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**Time: 10 minutes (in session) + optional completion outside of session**

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## The Prompt

**"What part of your story would you share to help someone else rise?"**

Think about:

- A moment that changed you
  - A lesson you learned the hard way
  - A truth you wish someone had told you
  - A message for someone in the dark place you once were
  - A message for your kids, your community, or future cohorts
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## Format Options

Choose the format that feels right for you:

## **Option 1: Written (1-minute read)**

Write a short message (150-250 words)

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## **Option 2: Audio Recording**

Record a 1-minute voice memo on your phone

**Key points to hit:**

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## **Option 3: Video Recording**

Record a 1-minute video

**Key points to hit:**

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## **Sharing (Optional)**

**In the session:** Volunteers can share their message with the group if they're comfortable

**For the legacy time capsule:** Your message can be saved for future cohorts (with your consent)

**For public storytelling:** Your message could be part of a community storytelling campaign to break stigma

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## Questions to Guide Your Story

- What do you wish someone had told you when you were starting this journey?
  - What's the hardest truth you've learned?
  - What keeps you going when things get hard?
  - What would you tell someone who's where you were a year ago? Five years ago?
  - What does the world need to know about people like us?
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## My Legacy Message

**Format I'm using:** [ ] Written [ ] Audio [ ] Video

**Draft/Notes:**

**Who this message is for:**

**Permission to share:** [ ] Yes, for future cohorts [ ] Yes, publicly [ ] Private (for me only)

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## Facilitator Tips

- This can be written, recorded audio, or video
- Some will share now, some will save it. Both are fine.
- Create space for emotion—this work is vulnerable
- Remind participants: Your story has power. Someone needs to hear it.