

Loving Your Legacy— A Celebration of Life!



Uncover your deepest values, gain appreciation of lessons learned, and discover the truly great masterpiece you are!

Join us live online for “**Loving Your Legacy – A Celebration of Life!**” and take a fresh look at the glorious legacy of YOUR life. More than honors, degrees or accomplishments, your most important legacy is that of the heart – your caring, humor and life wisdom that touches others during the course of your lifetime.

You’ll be nurtured in a community of like-hearted people as you uncover your deepest values, gain appreciation of lessons learned, and discover what a truly great masterpiece you are! My good friend and creative partner, Gilah Rosner, will be joining us during this retreat, and we sure have a lot of meaningful exploration and fun planned for you.

Using engaging interactive practices including meditations, rituals, short exercises, and cozy conversations in Zoom breakout rooms, you will clarify the legacy you’ll one day behind—a treasure trove of meaning, wisdom, kindness and humor.

Our retreat begins with “**Honoring Our Ancestors**” by acknowledging how they have shaped our identities and influenced our legacies. We’ll explore families as schools of forgiveness, thereby spiritually helping both us and our ancestors.

In “**Uncovering Your Deepest Values**” you’ll uncover the core, life values that make you, you. Using the best of Positive Psychology you’ll mine your strongest character strengths and learn how to use them to become your best self. By clarifying what you consider meaningful and important, you can explore: “*What do you want your life to stand for?*”

In “**Appreciation of Lessons Learned**”, we will honor the best life lessons we’ve learned through family, work and other dimensions of our lives, seek to forgive ourselves for what we have not yet mastered, and give thanks for everyone who has helped us along our way.

You’ve loved and lost, you’ve laughed and cried, you’ve succeeded and failed, and through all that was, and all there’s yet to be, your legacy is being created. We’ll conclude with our final session, “**Loving Your Legacy**”, as we identify and celebrate some of the truly great gems in our legacy treasure trove and explore a few ideas for redirecting and refining our legacies a bit more. Join us for a thoughtful and sometimes humorous exploration of **Loving Your Legacy - A Celebration of Life!**