

## A Guide to Write Your Legacy Story - Guide #2

Helpful for **Grandparents & 55+ Years Young Wanting to Write Your Legacy Story -- Your Autobiography --- About Being FOR the World NOW!**

### WRITING SPACE

- ☐ Establish a writing space - balancing comfort and support with challenge and inspiration

### WRITING TOOLS

- ☐ Assemble the tools you require to write like chair and table, paper and pens, & computer and wifi

### SMALLER CHUNKS

- ☐ Map out the chunks-units-concepts into smaller elements so you can move them around

### OUTLINE & BIG IDEAS

- ☐ Construct an outline with the big ideas and themes to write from and into

### WRITING & SCHEDULE

- ☐ Set a schedule to write - keep it firm, and make the writing happen by your outcome criteria

### RESEARCH --- RESULTS

- ☐ Conduct research to know what to include Season with results to share your insights

### FIRST OPENER

- ☐ Write the hook - Ensure the first opening page is compelling//forthright - Write from it

### INNER CRITIC

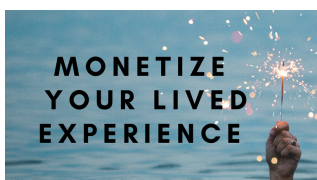
- ☐ Turn off the inner critic - Write without editing until you sense it's time to edit \*\*even the first opener

### MARATHON OF THE MIDDLE

- ☐ Write through the marathon of the middle - Write till its out of you - Write until its done for you

### ENDING & EDITOR

- ☐ Write an Ending - Edit ALL (Add, Alter, Delete) until you bridge the Opening & the Ending



With thanks to many who support writing - your ideas found legacy here

## Grandparents Unveiling the Extraordinary History and Mystery of Nature

Helpful for Grandparents & Grandchildren experiencing nature together - here are pre, during, post considerations for their joyous involvement

### ALL WEATHER IS GOOD

- ☐ celebrate each weather pattern, without suggesting one pattern is better than another

### EAT OUTDOORS - WITH TREES

- ☐ find a place - under a tree (with trees) - to enjoy a meal -- whether a snack or picnic (with the insects)

### FREEDOM TO ROAM

- ☐ move through nature with the freedom to roam balanced by destination to arrive - gentle footprints

### GROWING, PLANTING

- ☐ grow a garden, plant a tree - eat what you grow, eat the fruit/nuts from the tree you nurture

### ALL NATURE EXPERIENCES

- ☐ visit nature close-by, via road trip, extended sleeps - support arrival/during/departure conversations

### OUTSIDE WITH SMILES

- ☐ play outside as you experience all that presents - while keeping it safer for everyone

### ANIMALS AND PLANTS

- ☐ observe all that arrives - appreciate their contributions - understand their journey

### WALK WITH; WALK BECAUSE

- ☐ fulfill the mobility and fitness aspects of the walk as you value the places you walk

### ECOLOGY AWARENESS

- ☐ complete a landscape study -- see what was before - what is now - what can unfold

### GEOGRAPHIC PRESENCE

- ☐ share reverence for the geography of your visit - walk - quietness

