

**DECEMBER 4, 2025, ISSUE 2**

**Legacy After 60 Magazine**

# **Legacent**

**Living Legacy Conversations**

**Engaging in  
Conversation**

**Ready to Live  
Your Legacy**

**When You Listen,  
You Learn**

**5 Dimensions  
of Legacent**

# LEGACENT

— From the Hearthkeeper

## Engaging in Conversation

Welcome. You've stepped onto The Conversational Issue—a place/space for those who sense the quiet turning that arrives after 60, when the question shifts from How do I keep living life? to How do I walk my legacy path with others—in collaborative conversations?

This issue invites you to explore that turning through conversation—through dialogue, exchange, and the shared work of meaning-making.

Living life has been your journey of being, having, and doing.

Living legacy is the art of transforming those experiences into conversations that guide, steady, and inspire.

*It is about standing where you are, speaking from what you know, listening to what others offer, and moving forward together.*

In this issue, you meet the Legacent—a new kind of older grounded in collaborative conversation. Part mentor, part docent, the Legacent is a catalyst, wise agitator, elegant reframer, and meaning-maker who recognizes that wisdom grows through exchange.

A Legacent does not retire from relevance; they deepen it by walking beside others, asking better questions, and welcoming insights that reveal the next step.

The “I’ve Got Your Back” promise lives at the heart of Legacent’s actions and this issue.

It is a conversational promise—a way of saying *You do not have to travel your path alone.*

We walk together through story, reflection, and shared learning.

We move through uncertainty with dialogue, not silence.

We create clarity by speaking and listening with care.



Legacy Question for Reflection:

**What conversation—once spoken, shared, or asked—could open the next turn on your legacy path?**

Dr. Stephen Hobbs  
WELLth Movement

# LEGACENT

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## From the Hearthkeeper

# What is Legacy?

Legacy is often thought of as what we leave behind after we are gone. Actually, it is much more than that. Legacy is both an outcome and an active process. It is **about the useful what's you gift to others so they can learn from your experiences**, shaping their own journey in meaningful ways. These *useful what's include time, effort, and money*, all of which can be allocated intentionally while you are still living.

Legacy is about how you live today. Instead of thinking about your legacy later. The truth is, legacy is built/grown in real-time. Every interaction, decision, and contribution you make shapes how others will remember, learn from, and carry forward your impact/influence.

Legacy is wholversical—a term that embraces the whole and the versatile nature of legacy within all intergenerational conversations about conservation. Conservation extends beyond ecology/environment. It's about not wasting resources, especially time, effort, and money.

Each generation inherits knowledge, systems, and values from those before them, and what they do with these resources determine what the next generation will receive. Legacy serves as the bridge between protecting what is valuable and adapting for the future. Whether it involves safeguarding cultural traditions, passing down ethical leadership, or pioneering sustainability initiatives, legacy is crucial in ensuring progress occurs without unnecessary waste or loss of wisdom.

This makes legacy a conversation. It is a shared responsibility that extends beyond individuals to families, communities, and society as a whole.

It is living intentionally while shaping a future that honours the past, values the present, and creates meaningful pathways for those who come next.

**What's your legacy?** The answer lies in what you decide to do now.

# LEGACENT

— From the Hearthkeeper

## Explain/Describe Legacent?

**A Legacent, through a legacy lens**, is someone who lives and leads with the intention of contributing meaningfully across generations—through what they know, and through how they show up in the learning and living journeys of others. Their work is not merely educational—it's relational, intentional, and transformational. They transfer knowledge; more so, they shape legacy.

### Who Is a Legacent?

A Legacent is a living legacy agent—a docent (who offers interpretive guidance), a mentor willing to answer questions, and an adventurer together in the unfolding journey of others. To explore the educational approaches of the Legacent is to appreciate how the Legacent integrates and dynamically balances

- Teach in the Reach,
- Guide on the Ride
- Sage off the Page

They are:

- Rooted in experience, open to emergence
- Committed to contribution over recognition
- Oriented toward mutual learning, not one-way teaching
- Focused on shaping the future through presence in the now

They engage legacy as something they intend to leave behind as they live forward on their unique journey and adventures with others.

Learn more about Legacents in the issues to follow - and how to become a Legacent!

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**Editor:** Dr. Stephen Hobbs

Issue 2 - for display!

Authors of submission, noted  
in the magazine

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**MAKE  
ONE  
BOLD  
DECISION**

# **LEGACENT**

Article

# **Legacent: Living Legacy Conversations Confidently, Gracefully, and Naturally**

Living an extraordinary legacy after 60 is not simply about achievement or accumulation—it is about alignment. The upcoming fall 2026 book *Legacent: Living Legacy Conversations Confidently, Gracefully, and Naturally* invites readers to align their Being, Having, and Doing as the foundation for ethical, ecological, and environmental decision-making. Through this alignment, older adults move beyond personal success toward meaningful stewardship of life and legacy.

With this article, I expand on the being, having, doing - a starter!

## Being: Renewal through Presence

The first requirement—**Being**—is grounded in renewal. Renewal is not a restart; it is a remembering of who you are becoming. In this stage, the Legacent learns to pause, listen, and engage from a place of awareness rather than urgency. Renewal invites you to see aging not as decline but as evolution. It asks, *What am I restoring within myself that allows me to meet the world with openness and curiosity?*

Through stories, reflective questions, and gentle guidance, the *book* helps readers notice where renewal is needed. Whether through nature walks, mindful journaling, or intergenerational dialogue, the Legacent learns that presence precedes purpose. Being is where confidence grows—where one’s inner gyrocompass aligns with outer contribution. Renewal becomes the soil in which legacy takes root.



## Having: Resonance through Relationship

The second requirement—**Having**—is about resonance. To have in the Legacent sense is not to own; it is to hold space for connection. Resonance arises when your values, experiences, and intentions vibrate in harmony with others and the living world around you.

The *book* outlines that resonance is cultivated through relationships—human, ecological, and communal. Ethical decisions, whether about mentoring, resource sharing, or community leadership, are tested in this field of resonance. A Legacent learns to ask, *Does my presence create coherence or confusion? Am I in tune with what sustains life?*

Having becomes a mirror for empathy and reciprocity. It challenges readers to move beyond comfort toward consideration. Resonance calls forth grace, the quiet strength to meet others as equals in shared stewardship of the Earth and one another.



## Doing: Regeneration through Contribution

The third requirement—**Doing**—is regeneration. It transforms renewal and resonance into action. Regeneration is not about doing more; it is about doing what matters most with integrity. In this phase, the Legacent moves from reflection to realization—turning ideas into initiatives, conversations into collaborations, and care into legacy contributions/projects that replenish rather than deplete.

Through regenerative action, readers discover that contribution is both ethical and ecological. Whether restoring a habitat, mentoring a young educator, or initiating a community project, the Legacent acts with awareness that each deed shapes a living future. Doing regeneratively ensures that legacy is not a monument, rather it's a movement—a pattern of gifting that continues to evolve.

## Living Legacy as a Practice

*Legacent: Living Legacy Conversations Confidently, Gracefully, and Naturally* presents legacy as a living practice. The framework of Being, Having, and Doing integrates renewal, resonance, and regeneration into everyday decisions that balance personal meaning with collective responsibility.

Through this lens, living an extraordinary legacy after 60 becomes a courageous act of alignment—one where each decision honours self, others, and the planet. To live as a Legacent is to embody a life that educates by example: confident in presence, graceful in relationship, and natural in contribution.

## Reflections of Wisdom

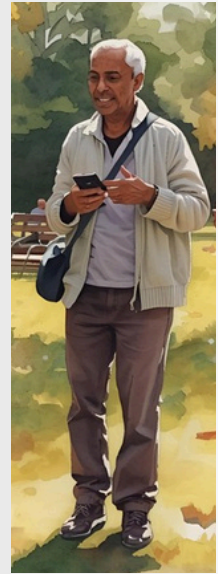
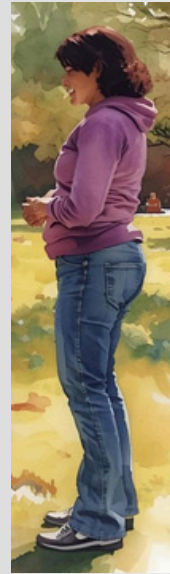
### Resonance of Conversation

For all in  
through conversation  
a story unfolds  
gifted as a wind whispers  
as a breeze nudges branches

The harmony  
afforded each, all  
a story enfolds  
gifted as a quiet brook  
as a river with torrent bends

The resonance  
felt at the core  
a story folds  
gifted as an origami bird  
as a falcon with insightful flight

Stephen Hobbs



### Invitation to Readers:

Share your creative reflections—poems, sketches, or nature photos—linked with Living Legacy After 60. Use the Contact Form to send your reflection and/or to ask more:

[wellthmovement.com/contact](http://wellthmovement.com/contact)

\_\_Subject line: Creative Reflections

# Are You Ready to Live Your Legacy?

## 10 Signs That You're Standing at the Threshold

At 67, Thomas Zisorr thought he had his retirement figured out. Golf on Tuesdays. Volunteer at the food bank on Thursdays. Quiet weekends with his wife. A pleasant, comfortable life.

Then his former student reached out. "I'm struggling to find my footing as a new principal," she wrote. "You always made leadership look so natural. Could we talk?" That conversation shifted everything.

"I realized I'd been living in maintenance mode," Thomas reflects. "I was filling time, not creating meaning. That phone call woke something up in me—a sense that my 40 years in education weren't just memories. They were resources someone still needed."

Thomas's awakening isn't unusual. After 60, many educators experience a quiet realization: living life is no longer enough. Something more meaningful wants attention. This shift from "living life" to "living legacy life" doesn't announce itself with trumpets. It arrives through subtle signals—moments of restlessness, questions that won't go away, a growing sense that your wisdom deserves more than storage.

Below are 10 signs that you're ready for this transformation. Read them as a checklist, more so, as mirrors. *See which ones reflect something stirring inside you.*

### **SIGN 1: You Feel the Gap Between Who You Were and Who You're Becoming**

Your old role is fading—educator, leader, professional, parent-in-charge. While part of you misses it, another part senses something new trying to emerge.

You recognize this if:

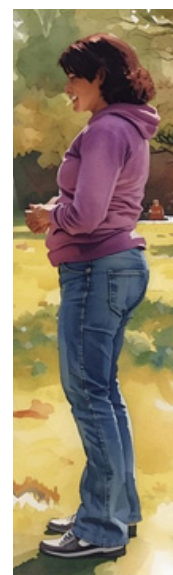
- You introduce yourself awkwardly now that your title is gone
- You're not who you were, AND you're not sure who you're becoming
- Transition feels messy; yet, you sense purpose in the mess

### **SIGN 2: You Have Stories That Need Telling—But Don't Know Where to Start**

You've lived through decades of experience. You have insights, hard-won lessons, moments that shaped you. They're scattered in your head with no clear way to organize or share them.

You recognize this if:

- You think "I should write this down" – whoops, never do
- You worry your best stories will die with you
- You want to share wisdom, not just memories



### **SIGN 3: You're Not Sure Anyone Wants What You Have to Share Anymore**

The world feels fast, young, and digital. Your expertise feels old-fashioned. You wonder if the wisdom you've accumulated still matters in a world that seems to have moved on without asking you.

You recognize this if:

- You feel invisible in conversations about "the future"
- Younger people seem polite, maybe distracted when you share insights
- You question whether your experience is still relevant

### **SIGN 4: You Want to Contribute—But Differently Than Before**

You're done with the old pace, the old obligations, the old way of giving. You still have energy and desire to make a difference.

However, the form needs to course-correct.

You recognize this if:

- You say "I want to help, but not like I used to"
- You're tired of doing everything; you want to do what matters
- You crave intention without pressure

### **SIGN 5: You Feel Disconnected From Younger Generations**

There's a gap—cultural, technological, conversational. You want a connection with children, grandchildren, & younger colleagues. The distance feels wider every year.

You recognize this if:

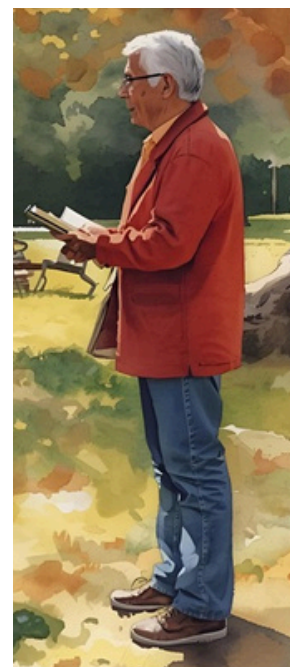
- Family gatherings feel like everyone's on their phones
- You don't know how to talk to younger people without sounding preachy
- You miss the easy flow of cross-generational conversation

### **SIGN 6: You're Tired of Waiting for "Someday"**

For years, you told yourself "When I retire, I'll..." or "Once the kids are settled, I'll..." AND "someday" keeps moving further away, and you're starting to realize: if not now, when?

You recognize this if:

- Your bucket list feels like a guilt list
- You've been "planning to" do something meaningful for years
- You feel urgency you didn't feel at 50



### **SIGN 7: You Sense There's Unfinished Business—And Time Matters Now**

There are relationships that need repair. Words that need saying. Experiences you've postponed. And for the first time, you feel the weight of limited time.

You recognize this if:

- A certain name makes your stomach tighten
- You think about reaching out—then don't
- You're aware that "later" might not come

### **SIGN 8: You're Done Accumulating—You're Ready to Distribute**

You've spent decades building: credentials, assets, knowledge, experience. You're realizing that what you've gathered only matters if it flows to others.

You recognize this if:

- You look at your "stuff" & think "What's this all for?"
- You want your wisdom used, not stored
- Giving feels more important than getting

### **SIGN 9: You Refuse to Just "Drift Through Retirement"**

You're not interested in endless leisure. While golf and travel are fine, they're not enough. You want meaning. You want to wake up with intention, not just plans to fill time.

You recognize this if:

- The word "retirement" feels wrong for what you want
- You think "I didn't work this hard just to fade away"
- You want the next 20-30 years to matter

### **SIGN 10: You Want Something More Than Memories—You Want Impact**

It's not about being remembered fondly. It's about knowing that something you did, taught, or created will ripple forward and make a difference after you're gone.

You recognize this if:

- You ask yourself, "What will remain when I'm gone?"
- You want substance, not sentiment
- You think about future generations you'll never meet

### **So... How Many Resonated?**

Count the signs that made you nod, lean forward, or feel something stir:

0-2 signs: You might not be ready yet—and that's okay. Bookmark this and return when something shifts.

3-5 signs: You're at the threshold. Something in you is waking up to this work. Keep exploring.

6-8 signs: You're ready. The shift is already happening inside you. You just need the path forward.

9-10 signs: You've been ready for a while. You're looking for the framework, community, and structure to make this real.



# Legacent Phrase of the Issue

## When You Listen, You Learn

Legacents understand that wisdom grows in motion — not only from what we offer, also from what we receive.

The phrase "When You Listen, You Learn" reminds us that learning is not passive.

It is an act of presence, curiosity, and respect. It happens in the quiet moments when we pause to hear another person's story, when we lean in with attention rather than rush in with advice.

When you listen, you invite meaning.

You open space for someone else's truth to arrive.

You model humility by acknowledging you do not hold every answer.

In doing so, you transform sound into understanding, and understanding into wisdom that deepens your legacy.

This is the Legacent way—living legacy now by receiving as generously as you give.

Listening is as simple as welcoming a neighbour's concern, asking a thoughtful question during a walk, or holding silence in a story circle long enough for someone's courage to appear.

Every time you listen, you activate learning that grows inward—like roots reaching deeper into the soil. You become a living learner of human experience, where the insights of others shape your own path forward with clarity and care.

So, the next time you wonder how wisdom expands, remember this phrase: "When You Listen, You Learn."

It's what you hear—more so, it's how you welcome what's spoken—that strengthens your ability to live the legacy you intend to leave.



# LEGACENT



The Best for Conversation

## 5 DIMENSIONS OF LEGACENT

Understanding Your Legacy Identity!  
What does it mean to be a Legacent?

Dr. Stephen Hobbs,  
Legacent

It's more than a role. It's an identity—a way of being in the world that integrates who you've been, who you are, and who you're becoming.

The word "Legacent" combines Legacy (what you're living and leaving) with Docent (guide who helps others discover meaning). A Legacent doesn't just possess wisdom. They actively share it, shape it, and live it through presence, practice, and purpose. This identity expresses itself through five interconnected dimensions. Each dimension represents a different aspect of how you create and share legacy. Together, they form a complete picture of a living legacy after 60.

## DIMENSION 1: Legacy Creator

Living Your Legacy Through Daily Actions and Relationships

Core Question: How well do I create meaningful impact through my current choices and relationships rather than waiting for future recognition?

A Legacy Creator understands that legacy isn't built in grand gestures at the end of life. It's created in the small, consistent decisions you make every day.

What This Looks Like:

- You make decisions based on long-term impact, not short-term convenience
- You see connections between your personal growth and community well-living
- You understand that your daily actions shape what others learn and carry forward
- You feel energized by opportunities to contribute to something larger than yourself

Key Practices:

- Reflect on how today's decisions serve tomorrow's community
- Articulate the values you want to live out (not just hold)
- Recognize that every interaction is an educational moment
- Select contribution over convenience

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**Pause, and write!**

## DIMENSION 2: Docent (Guide/Teacher)

Facilitating Learning Through Exploration and Discovery

Core Question: How effectively do I guide others in discovering their own insights rather than providing ready-made answers?

A Docent doesn't lecture from the front. They walk alongside learners, asking questions that spark discovery, and creating conditions where insight can emerge.

What This Looks Like:

- You ask questions that help people find their own solutions
- You create safe spaces where people feel comfortable sharing authentic experiences
- You guide group conversations without dominating them
- You adapt your communication style to different learning preferences

Key Practices:

- Ask powerful questions instead of giving quick answers
- Make environmental and experiential concepts accessible
- Encourage others to see their role in larger systems
- Share knowledge in ways that inspire action, not overwhelm

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**Pause, and write!**

## DIMENSION 3: Agency Builder

Encouraging Others to Recognize and Use Their Capacity for Pivots

Core Question: How well do I encourage others to discover their own power to create a meaningful shift in their communities?

An Agency Builder doesn't create dependency. They support people to recognize strengths and resources they already possess, then support them in using those gifts.

What This Looks Like:

- You encourage people to identify capabilities they didn't know they had
- You encourage others to take leadership roles in projects
- You provide support without taking over when challenges arise
- You celebrate others' successes and learning from their attempts

Key Practices:

- Engage multiple perspectives when addressing challenges
- Support groups to find solutions that serve diverse needs
- Navigate disagreements while maintaining relationships
- Recognize when individual action needs community support

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**Pause, and write!**

## DIMENSION 4: Agitator of Shift

Taking Intentional Action to Create Transformation

Core Question: How effectively do I translate values and insights into concrete actions that create community and ecological shift?

An Agent of Shift doesn't just talk about what matters. They mobilize resources, start initiatives, and persist through obstacles to make vision real.

What This Looks Like:

- You start projects rather than waiting for others to organize them
- You follow through on commitments even when initial enthusiasm fades
- You (can) mobilize resources and people around shared goals
- You value how individual actions connect to larger patterns

Key Practices:

- Move ideas from conversation to action
- Identify leverage points where small changes create big impacts
- Work on root causes, not just symptoms
- Consider unintended consequences before implementing solutions

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**Pause, and write!**

## DIMENSION 5: Sage Off the Page

Sharing Wisdom Through Stories, Relationships, and Lived Experience

Core Question: How authentically do I share life experiences and insights in ways that serve others' growth and decision-making?

A Sage Off the Page shares vulnerably, connects personal stories to universal themes, and encourages others to apply wisdom to their unique circumstances.

What This Looks Like:

- You share personal stories that help others learn without making it about you
- You select appropriate levels of vulnerability based on context
- You connect your experiences to themes others can relate to
- People remember and reference stories you shared months later

Key Practices:

- Distill practical insights from life experiences
- Share lessons from mistakes as well as successes
- Support others to apply wisdom to their unique situations
- Continue to learn from your own experiences rather than treating them as finished



*Pause, and write!*

## How the Five Dimensions Work Together

These dimensions aren't separate. They're interconnected aspects of a whole identity.

When you operate as a Legacy Creator, you make choices that matter.

When you function as a Docent, you help others discover their path.

When you serve as an Agency Builder, you empower others to act.

When you show up as an Agitator of Shift, you make vision tangible.

When you speak as a Sage Off the Page, you share wisdom that guides.

Together, these dimensions create the complete Legacent identity—someone who lives their legacy now through presence, practice, and purpose.



**DECEMBER 4, 2025, ISSUE 2**

Legacy After 60 Magazine

# Legacent

Living Legacy Conversations

## Connect With Us

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## WELLth Movement

Living legacy you intend to leave through  
gifting, contribution, and conversation!

Next Issue: January 3, 2026

