

MAY 31, 2026, ISSUE 8

Legacy After 60 Magazine

Legacent

Living Legacy Conservations

**Legacy Check-In
Stay True to
Your Path**

**Walking as
a Legacent**

**Legacent
Declaration**

**Legacy Is In
The Air**

**Line Puzzle
Word Puzzle**



LEGACENT

— 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.

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Editor: Dr. Stephen Hobbs

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Share
Shape
Stand
Sense
Start

Walking as a Legacent

Where Are You Walking? 5 Living After 60 Tips!

Summary

- **Physical:** Walk daily outdoors to strengthen body, balance, vitality naturally
- **Mental-Emotional:** Notice thoughts and feelings while walking, without judgment or rush
- **Soulual:** Walk with curiosity, letting stories and memories surface gently within
- **Spiritual:** Walk in awareness of connection to something greater than self
- **Wholistical:** Walk integrating body, mind, soul, spirit as one living system

Read more on each__

Dr. Stephen Hobbs

Where Are You Walking? 5 Living After 60 Tips for a More Intentional Life

After 60, walking is no longer just about movement. It becomes a form of living intelligence —— how you carry your body, organize your thoughts, meet your emotions, and relate to meaning itself. From a LEGACENT lens, walking is beyond only physical transportation. It is *directional living*. It shows you where your life is going by how you decide to move through each day.

The question is simple but sharp: **Where are you walking?**

Below are five living after 60 tips, each with a domain of life, each paired with action and outcome, so you can see legacy as practice.

1. Physical Walking: Strengthen the Body Through Daily Movement

Action: Walk outdoors daily, even if only for 10–20 minutes. Keep a steady, comfortable pace and pay attention to posture, breath, and footing.

Outcome: Your body becomes more responsive, stable, and resilient. Energy increases, joint stiffness decreases, and confidence in movement grows. You begin to trust your body again —— not as something aging away, rather as something still actively participating in life.

From a LEGACENT perspective, physical walking is not exercise alone. It is *embodied continuity*.

2. Mental-Emotional Walking: Observe Without Being Captured

Action: While walking, notice your thoughts and emotions without trying to fix them. Label them lightly: “planning,” “worrying,” “remembering,” “hoping.”

Outcome: Mental clarity increases. Emotional reactivity softens. You gain distance between stimulus and response. Instead of being pulled by every thought, you begin to walk with your mind rather than inside its noise.

This creates a quieter internal landscape where wiser decisions naturally emerge.



3. Soulual Walking: Let Meaning Surface Naturally

Action: Walk with curiosity rather than purpose. Allow memories, ideas, and stories to rise without forcing direction or conclusion.

Outcome: You reconnect with personal narrative and lived meaning. Forgotten experiences re-emerge as insight rather than nostalgia. Creativity increases, and you begin to see your life as a continuing story rather than a completed one.

Soulual walking restores your relationship with identity as something evolving, not fixed.

4. Spiritual Walking: Recognize Connection Beyond Self

Action: Walk in awareness of something larger than you ——— nature, life, presence, or a sense of universal rhythm. Notice breath, wind, sound, and rhythm as part of a shared field.

Outcome: A sense of grounding and belonging deepens. Anxiety reduces. Perspective widens. You begin to feel less isolated and more connected to life as a whole system rather than a personal struggle.

This is where walking becomes quiet communion.

5. Wholistical Walking: Integrate All Dimensions of Self

Action: Combine physical awareness, mental observation, emotional presence, soul-level curiosity, and spiritual connection into one walk without separating them.

Outcome: You experience coherence. Body, mind, emotion, meaning, and spirit begin working as one integrated system. Decision-making becomes clearer. Life feels less fragmented. You move through the world with steadiness rather than reaction.

From a LEGACENT lens, this is where walking becomes legacy in motion ——— aligned, integrated, and quietly influential.



Moving Forward

After 60, walking is no longer just something you do for health. It becomes a way of shaping how you live, think, feel, and contribute.

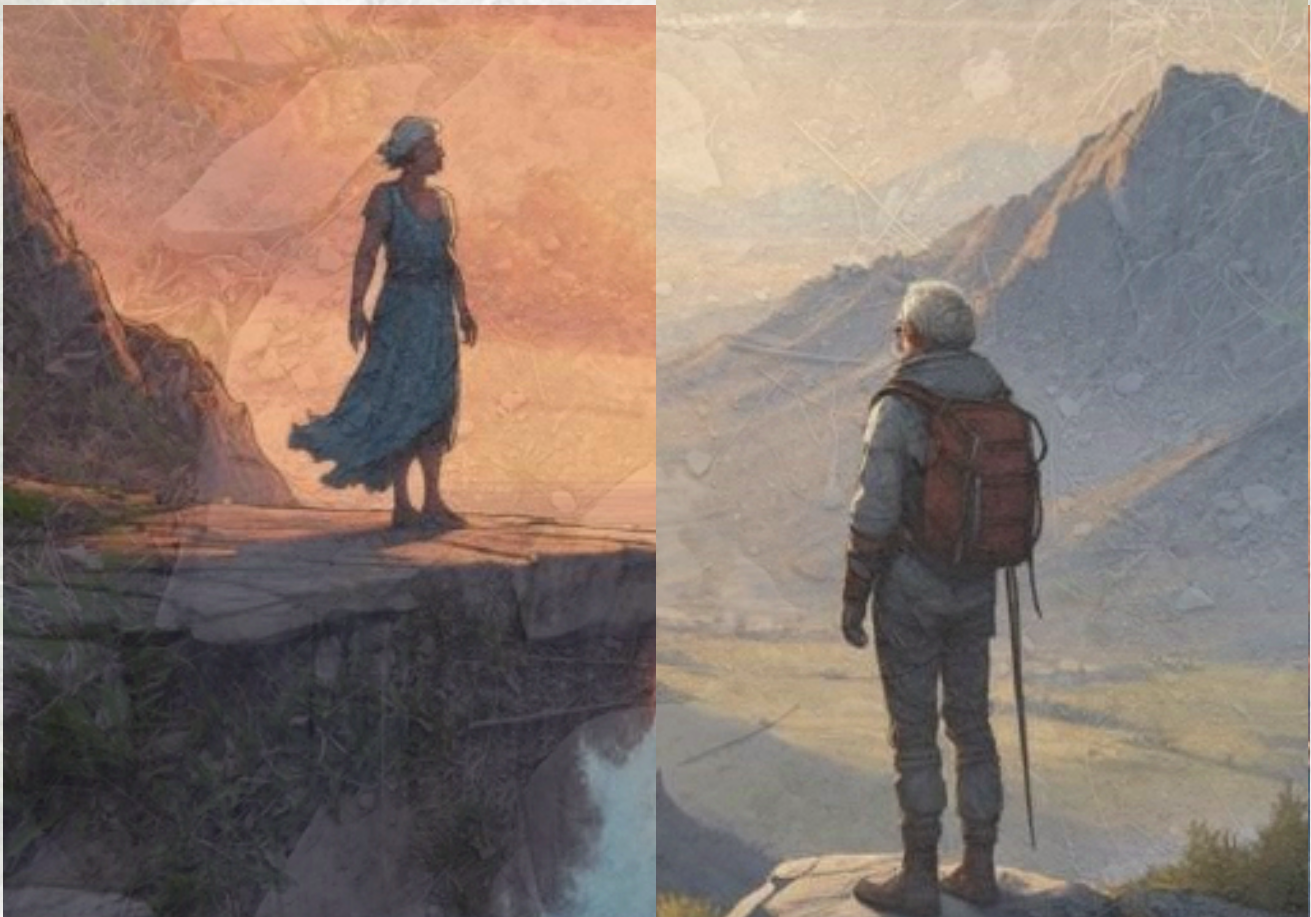
Each step carries information:

- about your body
- about your mind
- about your emotional patterns
- about your sense of meaning
- about your connection to life itself

So the question is not only *how far are you walking?*

It becomes:

Where are you walking—and whom are you becoming with each step?





Walk the Legacent Path from Small Black Dot to Large Black Dot. Encounter a Black Box, Find Another Way!

LEGACENT

From the Hearthkeeper

Explain/Describe Legacent?

A Legacent lives in a way that carries forward what matters. Through a legacy lens, a Legacent contributes across generations—not only through what they know, though through how they show up with others. Their work is lived in real time. It is relational, intentional, and grounded in experience.

They do more than pass along knowledge. They shape meaning, movement, and contribution as it unfolds. A Legacent is not defined by title. A Legacent is known by how they work.

Who Is a Legacent?

A Legacent moves through five ways of working as a living practice.

Docent — opening meaning

They ask, listen, and invite others to see more clearly.

They walk beside, allowing understanding to emerge.

Mentor — guiding the conversation

They stay close to lived experience.

They offer perspective when it is needed.

Steward — holding the space

They create and protect the conditions where learning & reflection can take place. They tend what matters.

Agent — initiating the flow

They act. They move something forward with agency.

Narrator — naming what is emerging

They give voice to insight. They make learning visible so others can carry it forward.

How a Legacent Works

A Legacent moves between these roles in real situations.

They open up meaning where there is uncertainty.

They guide conversation where direction is forming.

They hold space where reflection deepens.

They initiate flow where movement is needed.

They name what is emerging so it can be shared.

This is beyond linear. It is responsive. It is alive.

What Defines a Legacent

They are rooted in experience, open to emergence; committed to contribution over recognition; engaged in mutual learning; while shaping the future with presence in the now.

Living Legacy

A Legacent does not wait to leave something behind.

They live legacy forward—through conversation, action, care, and shared experience.

Legacy becomes something others can step into, use, and continue.

From the Hearthkeeper

You do not need to become something new.

You begin by opening meaning, guiding one conversation, holding space where it matters, initiating one move, and naming what is emerging. That is enough.

That is where Legacent begins.

Legacent Declaration

ACTION REFLECTION

I've been building toward something genuinely unprecedented in the living after 60 space. This is the honest account of what it is, what it requires, and why that matters to you.

I've developed a progression_Aging → Curation → Mentoring → Legacy → Legacent_along with a Legacent identity, a products and services ecosystem, and a positioning that stands completely alone. Not better than what exists. Outside it entirely.

Here is the critical distinction: the products (5-page PDFs, How-to Guides, Prompt-Activity Books, Concept and Practice books) are available ——— some free, some for sale. The services (Mapping Conversations, the Legacy Pathway course, community facilitation) are available. What is at the core, though, is the experience of becoming a Legacent. The products and services are simply how the experience is accessed, deepened, and sustained at different moments of your journey.

They're the trail markers, not the trail.

Legacent is the experience. Not a product. Not a program. Not a service offering. It's what someone becomes and inhabits when they step fully into living their legacy after 60. Every product and every service exists to support that becoming.

My creative bravery is the honest account of what this actually requires. I'm not watering it down to make it accessible. I'm not softening "continued service" into something safer and more palatable.

I'm saying: growth, not decline. Contribution, not withdrawal. Moving from relevance through giving ——— to structuring life as gifting. On paper, it sounds insane. That's my point.

Legacent Declaration

ACTION REFLECTION

Yes, I'm asking you to visit no person's land. It's not a problem ——— it's your asset. When you break so far from the traditional living-after-60 landscape that you arrive at a life of fun, freedom, and fulfillment, you haven't made a mistake.

Becoming a Legacent takes the kind of conviction almost nobody is willing to show up with. The willingness to be misunderstood. The risk of it completely failing. The refusal to water it down.

Who, in their right mind, is going to try and copy this?

The test you name for yourself *_am I pushing my own boundaries, or just calling incremental change innovation?_* is the test that fronts you in understanding and valuing what living legacy life is actually for.

Legacent as experience. Aging to Legacy as the infrastructure. Creative bravery as the non-negotiable stance that unfolds the better, wiser, and kinder version of yourself ——— the one that has been waiting.

Legacent is also your identifier. It's the word that names what you have felt but couldn't say.

For adult educators 60+, the experience was always there. The contribution, the wisdom, the conviction that there was still more to give. What was missing was the word that made it real and the direction it pointed.

Because Legacent isn't about finding yourself. It's about orienting yourself. Toward a life lived for the world, with the planet, and from the whole.

A calling — finally named.

J O S R U E K E C I N U A I X D N
 K U W F A V O L G L P T X Z W X U
 W C L K N N T A Y E I B U C I A V
 O P Z Z E A A I N U W J V A L W E
 O H N F C R F C U N E G O N D C G
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 D E C I D U O U S T D F X K E E I
 H W J Z A C G C F O L I A G E R O
 Q P I A W F V A J R T O Z J R O N
 X Z U J H P H E Q Y L F D R D U O
 T I M B E R Y C R R S D L U H S C
 G B N W W G N E V E R G R E E N I
 C V S A S E C O S Y S T E M I A X
 H J S C T U G N F B Z M V O K V Y

Trees
 Foliage
 Woodland
 Evergreen
 Coniferous

Canopy
 Wildlife
 Ecosystem
 Understory
 Biodiversity



Timber
 Greenery
 Deciduous
 Vegetation



The Best for Conversation

Dr. Stephen Hobbs,
Legacent

Legacy Check-In

Staying True to Your Path

A recalibration guide for Legacents actively living their legacy

Why This Matters

You've committed to living your legacy. You've started walking the path. But life has a way of pulling us off course slowly, subtly, without us noticing. This check-in ensures you stay aligned with what matters most.



How to Use This Guide

Frequency: Every 90 days (mark your calendar now for the next 4 quarters)

Time needed: 20-30 minutes of honest reflection

Best practice:

- Find a quiet space
- Review your responses from last quarter (if available)
- Write your answers—don't just think them
- Share one insight with your Legacent community

Remember: It's about awareness, course correction, & renewed commitment.

1: Identity Check

Am I still grounded in who I'm becoming?

Question 1: Who am I without the title?

Since last quarter:

- Has my sense of self become clearer or more confused?
- Am I more comfortable introducing myself without reference to past roles?
- What new aspect of my identity has emerged?

One sentence summary of where I am now:

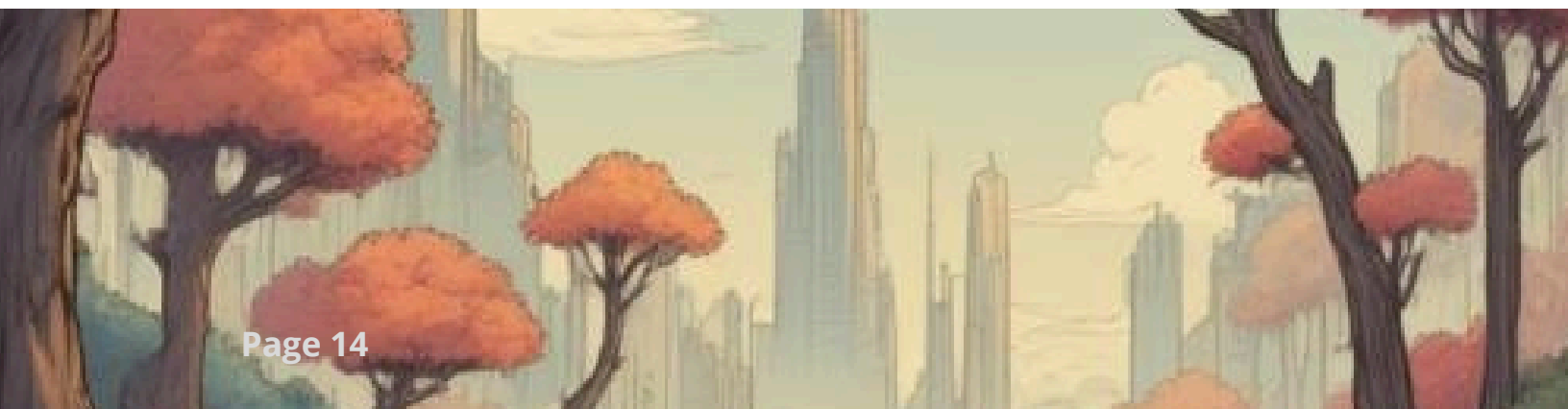
Question 2: Is my validation internal or external?

In the past 90 days:

- When did I seek external approval for my legacy work?
- When was I able to continue despite the lack of recognition?
- Am I more or less dependent on others' validation than last quarter?

One thing I'm celebrating:

One area to strengthen:





2: Alignment Check

Are my actions matching my intentions?

Question 3: Does my calendar match my values?

The exercise:

- Review the past month's calendar
- Tally hours spent on your stated priorities
- Calculate: What percentage of time went to legacy-building vs. everything else?

My calendar truth:

- Legacy work: ___%
- Other obligations: ___%
- Drift/distraction: ___%

If legacy work is less than 15%, what needs to change?

Question 4: What is the "emotional aftertaste" I'm leaving?

In recent interactions (past 30 days):

- When did I leave a room with energy higher than when I entered?
- When did I drain energy from others?
- What pattern am I noticing?

Ask a trusted friend this quarter: "After we spend time together, do you feel energized or drained?"

Their honest answer:

My response:

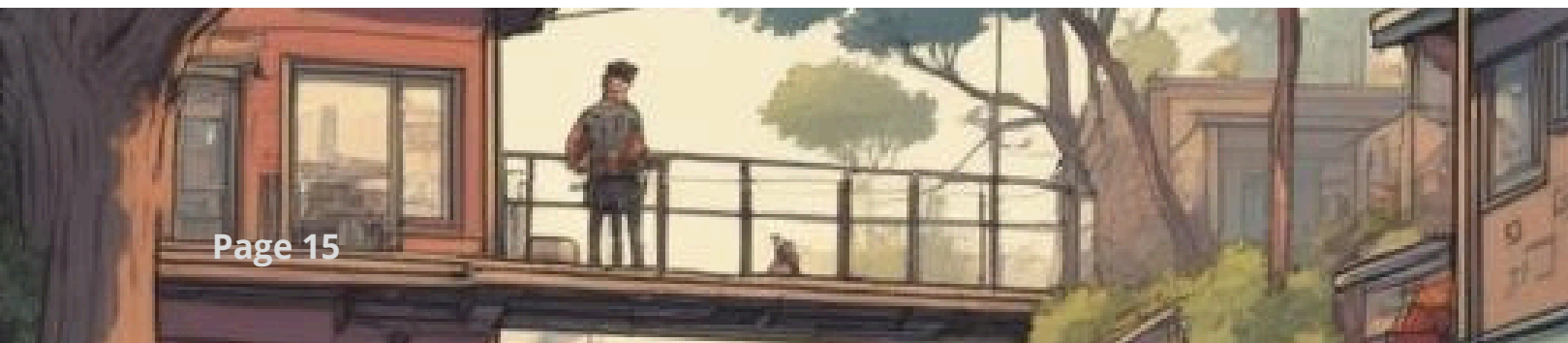
Question 5: Am I still climbing the wrong mountain?

Look at how you've spent the past 90 days:

- Are you pursuing outcomes that energize you or exhaust you?
- If you continue on this exact trajectory, will you feel fulfilled or just tired in a year?

Mountains I'm still climbing that no longer serve:

Mountains I should be climbing instead:





3: Contribution Check

Am I hoarding or harvesting?

Question 6: What wisdom did I share this quarter?

Specific examples:

- Stories I told that helped someone see differently
- Insights I offered that created a shift
- Knowledge I transferred that empowered action

If the list is short or empty, why?

- Am I waiting for the "perfect" moment?
- Am I unsure how to share?
- Am I holding back out of fear?

Question 7: Whom am I empowering to replace me?

In the past 90 days:

- Who did I actively mentor or guide?
- What did I teach someone that they can now do without me?
- Where did I step back and let others lead?

Names of people I'm empowering:

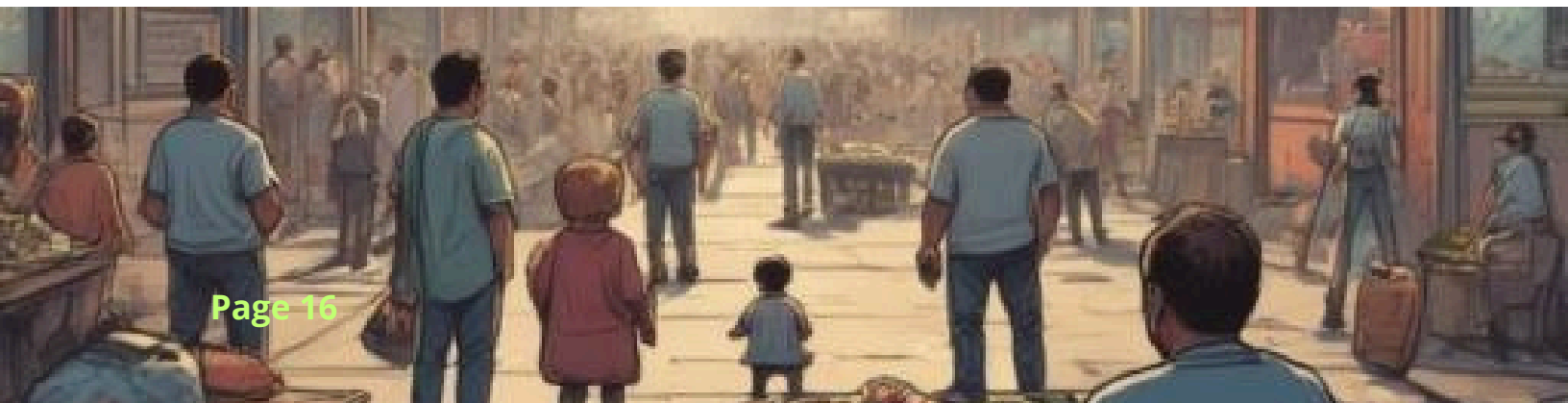
If this section is blank, what's blocking me from distributing leadership?

Question 8: Am I competing with youth or championing them?

Honest reflection on recent interactions with younger people:

- When did I feel jealous of their success or energy?
- When did I feel genuine pride in their achievements?
- Am I positioning myself as competitor or coach?

One specific shift I'll make this quarter:





4: Relationship Check

Am I building bridges or walls?

Question 9: Which relationships need attention?

This quarter:

- Who have I neglected that I value?
- What unfinished business is still weighing on me?
- Where is there unspoken tension I'm avoiding?

One relationship I'll repair or deepen this quarter:

The first action I'll take: ____ By when:

Question 10: Am I present or distracted?

In the past 90 days, when was I:

- Fully present in conversations (phone away, listening deeply)
- Physically there but mentally elsewhere
- Rushing through meaningful moments to get to the next thing

My presence score (1-10, where 10 = fully present): ____

What's stealing my presence?

What helps me be more present?

5: Growth Check

Am I evolving or stagnating?

Question 11: What did I learn this quarter?

Not what you taught—what you learned:

- New insights about myself
- Lessons from mistakes or failures
- Perspectives from younger generations

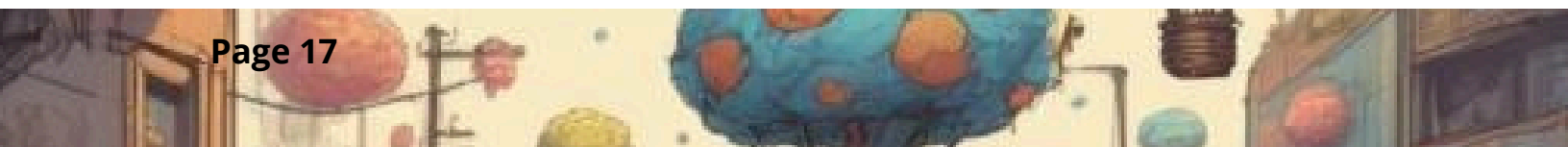
If I learned nothing new, I'm not growing—I'm coasting.

Question 12: Where did I step outside my comfort zone?

In the past 90 days:

- What did I try that felt risky or unfamiliar?
- Where did I choose growth over comfort?
- What courage did I demonstrate?

If nothing comes to mind, what small risk will I take this quarter?





6: Impact Check

Is my legacy work creating ripples?

Question 13: What changed because of me?

I contributed to:

- A relationship deepening
- Someone discovering new capability
- A project moving forward
- An insight spreading to others
- A community becoming stronger

Concrete evidence of impact:

Question 14: What's the "project" only I can finish?

Three months ago, you identified unique work only you can do.

Progress update:

- How far have I moved this forward?
- What obstacles emerged?
- What support do I need?
- Am I still committed, or has this shifted?

Next concrete action: ___ By when:

Summary & Recalibration

What I'm celebrating from this quarter:

Two specific wins, insights, or moments of alignment:

- 1.
- 2.

What needs course-correction:

Two areas where I've drifted or need to refocus:

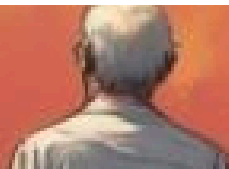
- 1.
- 2.

My one commitment for the next 90 days:

The single most important thing I will prioritize to stay true to my legacy path:

Evidence I'll create:

Who I'll share this commitment with for accountability:





Closing Reflection

Compare to last quarter (if available):

- Where have I grown?
- Where am I repeating patterns?
- What's becoming clearer?
- What still feels unclear?

Gratitude practice:

Two people, moments, or realizations I'm grateful for from this quarter:

- 1.
- 2.

One insight to share with my Legacent community:

What did I learn this quarter that might serve others on the path?

Your Next 30-60-90 Days

You've recalibrated. You know where you stand.

Now:

- Schedule your next quarterly check-in (90 days from today)
- Share one commitment with your community for accountability
- Take the first action on your course-correction within 7 days

Remember:

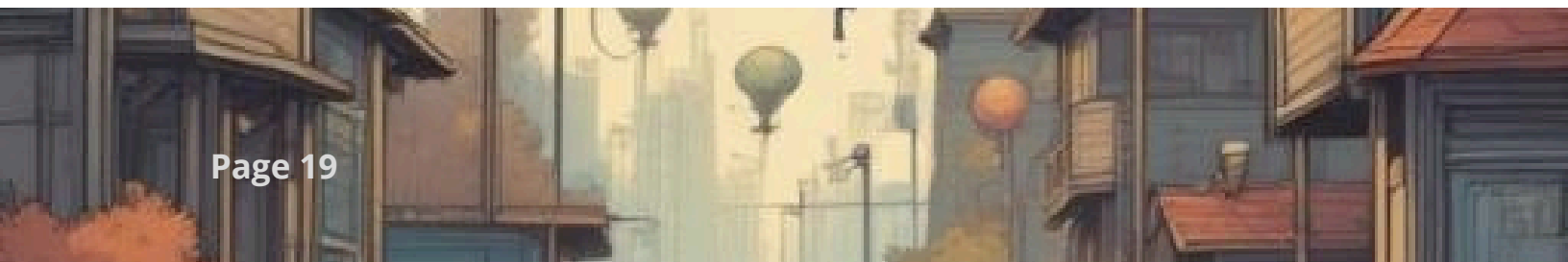
Living your legacy isn't about perfection—it's about:

- Awareness (noticing when you drift)
- Honesty (naming what's not working)
- Adjustment (making small corrections consistently)
- Persistence (staying on the path despite obstacles)
- Fun (yes, engage in some simply serious fun)

The path is an ever-starting story. The work is worthy. You are not alone.

See you in 30-60-90 days?

Next Check-In Date: _____



Legacy Is In The Air

Legacy is in the air when communities share knowledge, values, stories, and traditions that guide younger generations toward meaningful continuity.

Legacy is in the air when invisible influence patterns shape decisions, ecosystems, and relationships long after individuals stop consciously directing them.

Legacy is in the air when everyone suddenly realizes their weird habits, sayings, and snacks have mysteriously become family traditions.

What statement would you add?

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Aging



Curation



Mentoring



Legacy



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Legacy After 60 Magazine

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Living Legacy Conversations

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Website: wellthmovement.com

Legacent Magazine:
wellthmovement.com/legacent-magazine

WELLth Movement

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

Next Issue: June 29, 2026



