OCTOBER 25, 2026, ISSUE 13

LEGACENT

MAGAZINE:

LEGACY AFTER 60



Self-Assessment

A Legacent is an adult 60+ living the legacy they intend to leave; Legacent Magazine is where that practice is shared.

Table of Contents

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Founder of WELLth Movement, creator of Legacent, and Hearthkeeper of Legacent Magazine.

Publisher: WELLth Movement

Ideas, frameworks, and sketches are Stephen's. Some illustrations are AI-assisted.



Section 1

Legacent Overview 4
Editorial: Questions I Keep Asking Myself 3
What is Legacy 21

Section 2

Self-Assessment 5
Stories to Extend the Self-Assessment Topics *(1 story per point)* 7

Email for You 17
Legacent as Narrator 18
A Question from the Bench 20

Section 3

One-Page Self-Assessment Download 19
Contact Us 21

Yes, **conservations**. When conversation and conservation meet, we talk our way toward protecting what matters for the generations after us.

The Prompts I Keep Asking Myself

I have never been this age before. Neither have you.
That simple fact still catches me off guard. Some mornings, watching the foothills turn gold outside Cochrane, I realize I am a beginner again. Not at a skill. At a season of life.

For years I helped others name what their experience was worth. Prior learning. Lived learning. The knowing that lives in hands and memory before it ever reaches paper. I have been turning that same work on myself. What have I gathered? What am I still carrying that no longer serves? What is ready to be passed on?

These are not comfortable prompts. They are necessary ones.
This issue offers ten of them. Ten points of self-assessment, each a mirror with a *location measure*. There are no scores to tally. No passing grade. Only an honest look at where you stand, and a nudge toward where you might grow.

Becoming. Serving. Thriving. I used to think these came in order. Now I suspect they arrive together, braided like roots under a forest floor. We become by serving. We thrive by becoming. And legacy, I am learning, is something lived before it is left.

So take your time with these pages. Read one point. Sit with it. Walk with it. Return to it next week and notice what has changed.
You may find you are already further along than you thought.
You may find the path is just beginning.

Either way, you are not walking it alone.
— Stephen Hobbs, EdD, WELLth Movement

Transparency:
Yes, I used AI for formatting, editing, & stress testing via the prompt: Is the coffee getting cold while reading the copy?

From the Hearthkeeper

A Legacent Is An Identity that grows into view rather than a role one steps into.

It forms quietly, through lived seasons, carries responsibilities, and gradually weaves experience into care for others. Many arrive here without a language for it. They sense a shift in how time feels, how decisions carry weight, how stories ask to be shared with greater intention.

Roles come with expectations. Identities arrive through recognition.
A Legacent lives from an inner alignment that has matured through practice rather than proclamation. This identity shows up in how balance is tended, how knowledge is held together, how values take shape in ordinary days, how outcomes are released, and how integrity steadies action. It carries authority without performance and influence without insistence.

This magazine exists to honour that way of being.
You will find language here, though language remains secondary. What matters more is recognition—seeing yourself reflected in the practices you already live, the questions you already carry, and the adjustments you already make. Becoming a Legacent rarely feels like becoming something new. It often feels like allowing something familiar to stride forward.

Each month invites this recognition. The pieces in this issue offer orientation for those who seek words and experience for those who prefer movement. Some readers will arrive through reflection, others through walking. Both paths matter. Both belong.
As Hearthkeeper, I invite you to read slowly. Pause where something resonates. Skip what does not. Carry forward what stays with you. Identity deepens through attention rather than effort. *Explore what MAKES means!*

If you find yourself selecting with greater care, listening more widely, and living what matters now, then the work is already underway.
WELLcome to this season of becoming.

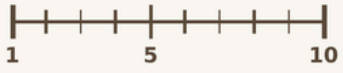
Dr. Stephen Hobbs
WELLth Movement

Legacent Self-Assessment

This assessment is about location, not judgment.

There are no right or wrong numbers here, only a sense of where you are on your own path today. Read each statement and its explanation, then mark where you are now on the line, from 1 (this is new to me) to 10 (this is how I already live). Your numbers may change from season to season, and that is part of the journey.

Name: _____ Date: _____

#	STATEMENT	WHERE I AM
1	**Legacy is shaped while you are living.** It is how you spend your time, effort, and money today, as well as what people remember after you are gone.	
2	**Legacy is built through ordinary choices.** Each interaction, decision, and contribution affects how others remember you and carry your influence forward.	
3	**Legacy includes the useful what's you offer others.** Your time, effort, money, and lessons become resources others can draw on as they shape their own journey.	
4	**Legacy is wholversical.** It reaches every part of life and includes conservation: not wasting the time, effort, or money the next generation will need.	
5	**Each generation receives knowledge, systems, and values from the one before it.** What olders do with that inheritance shapes what youngers will be handed.	

1 = this is new to me 5 = part of my life some of the time 10 = this is how I already live

Statements 6 to 10 continue on the next page.

Legacent Self-Assessment continued

This assessment is about location, not judgment.

#	STATEMENT	WHERE I AM
6	**Legacy is a shared conversation.** Responsibility for it extends beyond the individual to families, communities, and society.	1 5 10
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Looking at your numbers

Which statement feels closest to how you already live?

Which one would you like to give more attention to in the season ahead?

1. Legacy is shaped while you are living.

So What? For years, I thought of legacy as something to sort out later, in a will or a eulogy. What shifted my mind was noticing that the people who shaped me rarely did it through what they left behind. They did it through how they spent an ordinary Tuesday.

What Else? There is some relief in seeing it this way. Legacy doesn't wait for a grand gesture or a finished plan. It gathers slowly, and it stays open to change. What I did yesterday isn't final, and I can choose differently this week.

Now What? You might look back over a single day and ask where your time, effort, and money went. The point isn't to judge it, only to see it clearly. If something feels out of step with what you care about, you might shift one small thing, perhaps a call you keep putting off or an hour you could give to someone nearby. Some people keep a few notes over a season and find those notes tell them more than they expected. Others prefer simply to pay closer attention. Either approach works.



2. Legacy is built through ordinary choices.

So What? Most of what I remember about the people who mattered to me comes from small moments. A neighbour who always remembered my name. A work collegaue who let a silence sit until I found my own answer. None of them would have called it legacy, yet it has stayed with me for decades.

What Else? Small moments teach without anyone intending them to. Youngers watch how we handle frustration at a checkout or bad news on the phone. I've heard a phrase of mine repeated back to me by someone younger, and it made me wonder what else I've passed on without meaning to.

Now What? You likely have a place like that, somewhere you pass through without much thought. For a week, notice how you show up there: how you greet people, how much patience you bring, and whether your attention is in the room or somewhere else. If there's one thing you'd like to do differently, you could try it on your next visit and see what follows.



3. Legacy includes the useful what's you offer others.

So What? Over the years, people have asked me for help with all sorts of things. The help that made a difference was rarely my best advice. More often it was something practical, offered at the right moment, that let them keep going on their own path.

What Else? I've also offered plenty that nobody needed. It took me a while to learn that whether something is useful depends on the person receiving it. Asking first, and listening to the answer, has spared me a good deal of well-meant clutter. It also leaves the other person in charge of their own journey.

Now What? It can help to think about what you know how to do. Some of it will be practical, like repairing a fence or reading a lease. Some of it will be quieter, like sitting with someone who is grieving. When someone comes to mind who might benefit, ask what would help them right now and wait before offering anything. You might offer an hour of your time or a story from your own experience. Once it's offered, it's theirs to use as they see fit.

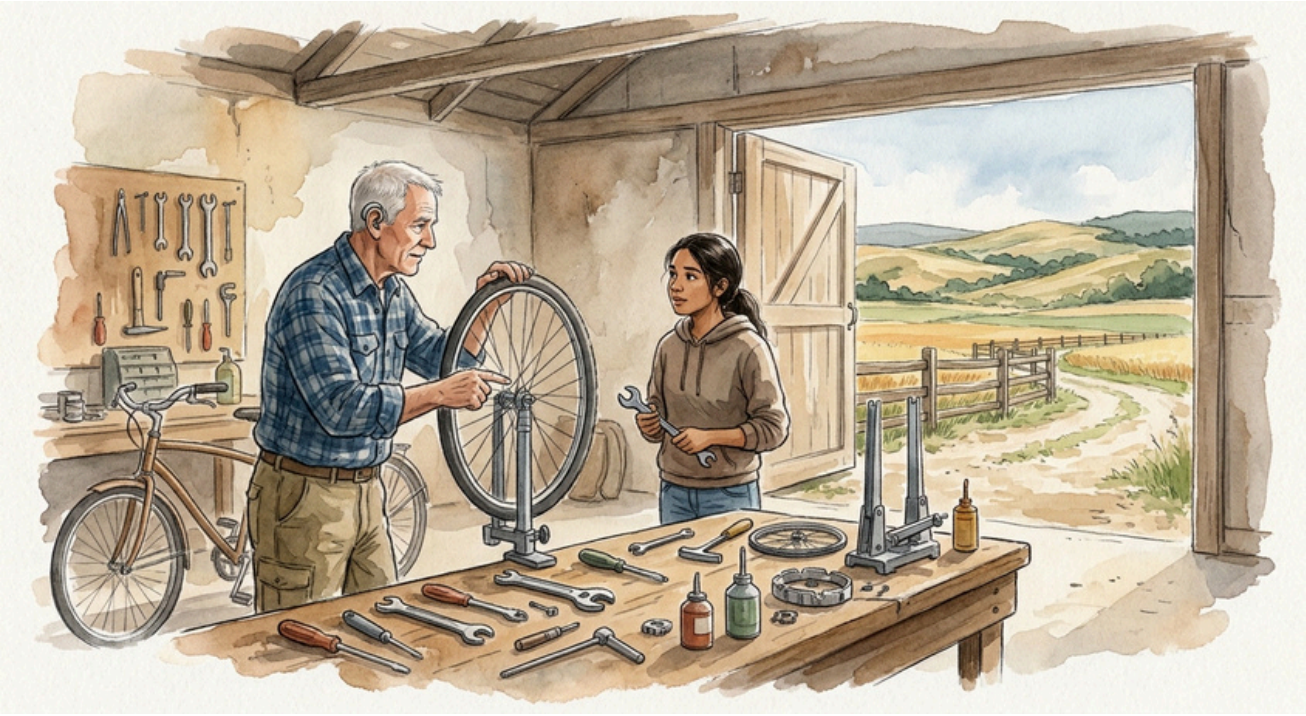


4. Legacy is wholversical.

So What? Wholversical is the word I use for legacy's whole, versatile nature. I noticed that legacy doesn't stay in one compartment of life. It runs through family, work, friendship, and the land we live on. Part of it is conservation: not wasting the time, effort, or money someone after us will need.

What Else? I first learned about conservation outdoors, where wasting what you carry has real consequences. Since then, I've come to see it everywhere. A family story nobody has written down can easily be lost. A chair that could be mended doesn't need replacing. An old argument doesn't need any more of my energy.

Now What? You might ask where something valuable is slipping away in your own life. It could be a skill only you have, an object worth repairing, or hours given to a commitment that no longer means much to you. Taking one step to keep it, or to release it, is a form of conservation. If someone else is with you, they may learn something by watching, and you may learn from their questions.



5. Each generation receives knowledge, systems, and values from the one before it.

So What? I carry what I was handed. A few I chose. Most arrived before I noticed them. What olders do with what they inherited shapes what youngers will receive, which puts each of us somewhere between protecting what matters and adapting it.

What Else? Not everything I inherited deserved to be passed on. Some of it was wisdom, some was simply habit, and some did harm. Sorting through it has been one of the quieter tasks of getting older. I've found that youngers are often more interested in how I sorted it than in what I decided to keep.

Now What? If something you were handed comes to mind, you could spend some time with it. Is it worth keeping as it is? Does it need to shift? Has the time come to set it down? Whatever you decide, telling a younger person about it, and why you made that choice, can mean a great deal to them. If you do pass it on, it helps to offer it in a form they can use now, such as cooking the recipe together or telling the story behind the saying.

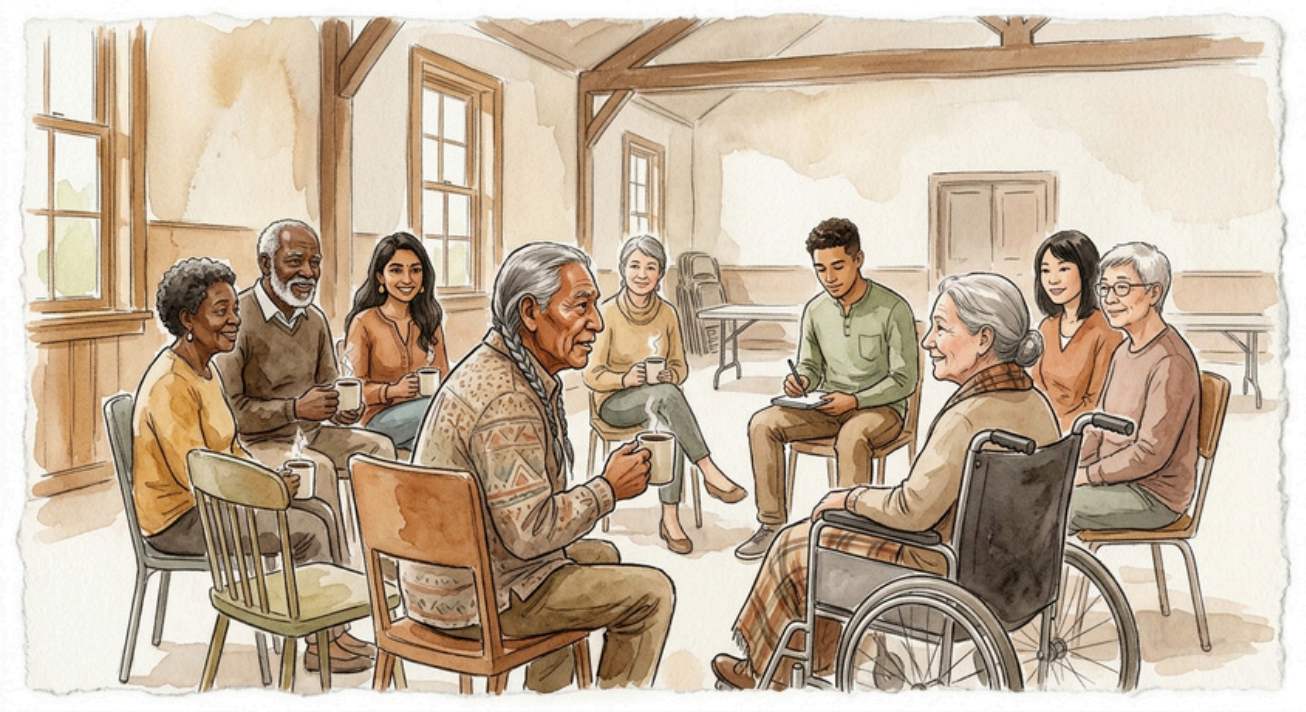


6. Legacy is a shared conversation.

So What? I used to think of legacy as a personal project. The longer I've worked alongside groups and communities, the more I see it as a conversation. Families, neighbourhoods, workplaces, and circles of friends all shape what is remembered, and each of us adds a voice to that.

What Else? A conversation needs room for many voices. People who live alone, people without children, and people living far from where they grew up all shape legacy through the communities they choose. Because the responsibility is shared, no one has to carry all of it alone.

Now What? Think of a group you belong to, whatever form it takes. What is it passing on, and what part do you play in that? At the next gathering, you might ask someone what they hope the group will be known for, and hear their whole answer before offering yours. If the group has no place for that kind of conversation, you could start it, over coffee or a shared meal, with whoever is willing to sit down.



7. A Legacent is an identity rather than a role.

So What? I've held many titles over the years. Each came with expectations, and most of them have ended. What remained wasn't a title. It was a way of being that people recognized in me across all of those roles, and that is what I mean by identity.

What Else? Retirement, losing a partner, moving house, or a change in health can strip away roles that once defined us, and it can feel like losing ourselves. When that happens, I've found it steadying to ask a different question. Instead of "What do I do now?" I ask, "Who have I been, and how do I want to continue?"

Now What? It can be revealing to write down the roles you've held and, beside each one, what you brought to it regardless of the title. Patterns tend to appear when you see them side by side. Someone who has known you a long time can tell you whether they see the same thing. Once you've found a quality that runs through your life, you might look for a place to practice it where no title is needed at all.



8. Many people are already living as Legacents before they have a word for it.

So What? I didn't have the word Legacent when I started living this way, and most people I meet don't either. What they describe is a shift. Time feels different. Decisions weigh more. Stories they've carried for years start asking to be told.

What Else? Not having a word isn't a shortcoming. Language usually follows experience, not the other way around. For some people, a name brings clarity and a sense of company on the path. For others, the living matters more than the label. I'm comfortable with both, and I hope you will be too.

Now What? Over the coming week, you might notice moments when time, decisions, or stories feel different from how they once did. A line or two in a notebook is enough to hold them. Looking back on those lines later, you may see a pattern you hadn't named. If one story keeps coming back to mind, it may be worth telling someone you trust, then listening to whatever they offer in return.



9. You can see a Legacent in everyday life.

So What? I notice Legacents most in ordinary settings rather than on stages. They keep their lives in balance, draw on what they know from different parts of life, act on their values when no one is watching, let go of how things turn out, and hold to their integrity. These are practices, not traits, so anyone can strengthen them over time.

What Else? This is a quiet kind of leadership. It carries authority without performing and influence without insisting. People sense it in how such a person handles pressure, and in how readily they step aside so someone else can step forward.

Now What? Instead of working on all five at once, pick the one that feels most alive for you right now and stay with it for a while. If it's letting go, that could mean offering help and then resisting the urge to check how it went. If it's integrity, it could mean holding one decision up against what you say you value. Notice what shifts, and turn to another practice whenever you're ready.



10. Becoming a Legacent usually feels like recognition rather than reinvention.

So What? People often assume a new chapter of life requires becoming someone new. Becoming a Legacent usually works the other way. It means recognizing what you already do well and care about, and giving it a more deliberate place in your life.

What Else? Recognition can be harder than reinvention. It asks you to look honestly at your past, including the parts you are less proud of, and to value what you find without inflating or dismissing it. It also asks you to trust that your ordinary life has been preparation enough.

Now What? Use three signs as a regular check-in: choose more carefully, listen more widely, and live what matters now. For each sign, recall one recent example from your own life. Where an example comes easily, acknowledge it. Where none comes to mind, choose one small way to practice that sign in the coming week. Return to this check-in at the end of each month. Over time, the examples show that the work is already underway, and where you want to give it more attention.



New message

To... YOU

** My Gosh. I'm Already Doing It.

Oh my gosh.
That was my whole thought. Three words, said out loud, coffee going cold.
An email arrived from someone I worked with years ago. She wrote that a question I asked her still shapes how she leads her team. One question. I had forgotten ever asking it.
I read her note twice. Then a third time.
For months I had been writing about serving and thriving as a Legacent. As if this decision sat somewhere out ahead of me. Something to plan. Something to schedule. And there, it was landing in my inbox. Proof that the serving had already happened. Two years ago. Without my knowing.

AND, sharing out loud a realization: Legacy travels without a return address. Most of what we give never comes back to us. A question leaves your mouth and keeps walking. It finds a meeting room, a kitchen table, a hard conversation you will never hear about.
So I have started a new evening practice. One question, asked before sleep.
What did I hand someone today without noticing?
Some days the answer is small. A patient pause. A name remembered. A door held a moment longer.
Small counts. Small is where it starts.
You have your own ***oh my gosh*** waiting. Somewhere out there, someone is still carrying something you gave them. They are using it today. You may never hear a word about it.
It counts anyway.

ONWoard! Stephen

SEND

Legacent as Narrator - Holding It Together,
Till Someone Takes Up the Roles

In practice, how do I serve as a Legacent as Narrator
to an audience with whom I'm sharing my experiences and expertise?

1. Set the Scene
Your Role: Someone who recognizes patterns

2. Introduce the Challenge
Your Role: Someone who can map the real issue

3. Audience Interaction Segments
Your Role: Someone who provides tools through questions and frameworks

4. Educational Moments (Throughout)
Your Role: Someone who bridges between story and application
The "Parallel Experience" Method:
*"This reminds me of when I__" [your story]
*"So I suggested they try__" [tool/technique]
*"Watch how it unfolds__" [character scene]
The "Real-Time Conversation" Approach:
"I can see the frustration building—time to intervene__"
"Tell them about the winter you saved that camping group__"
"Yes - now everyone understands why tree windbreaks matter__"
The "Wisdom Extraction" Technique:
"What was just demonstrated is what I call 'legacy currency' - using past experience to solve present issues. Here's how you can do this too__"

5. Notice the Shift
Your Role: Someone who discerns how everyone got involved by learning their language and by interacting with confidence, therefore creating a multi-layered learning experience

LEGACENT

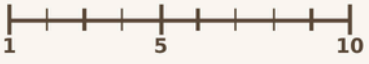
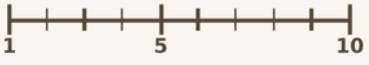
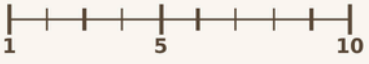
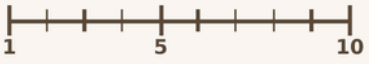
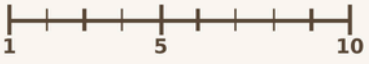
From the Hearthkeeper

Legacent Self-Assessment

This assessment is about location, not judgment.

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Name: _____ Date: _____

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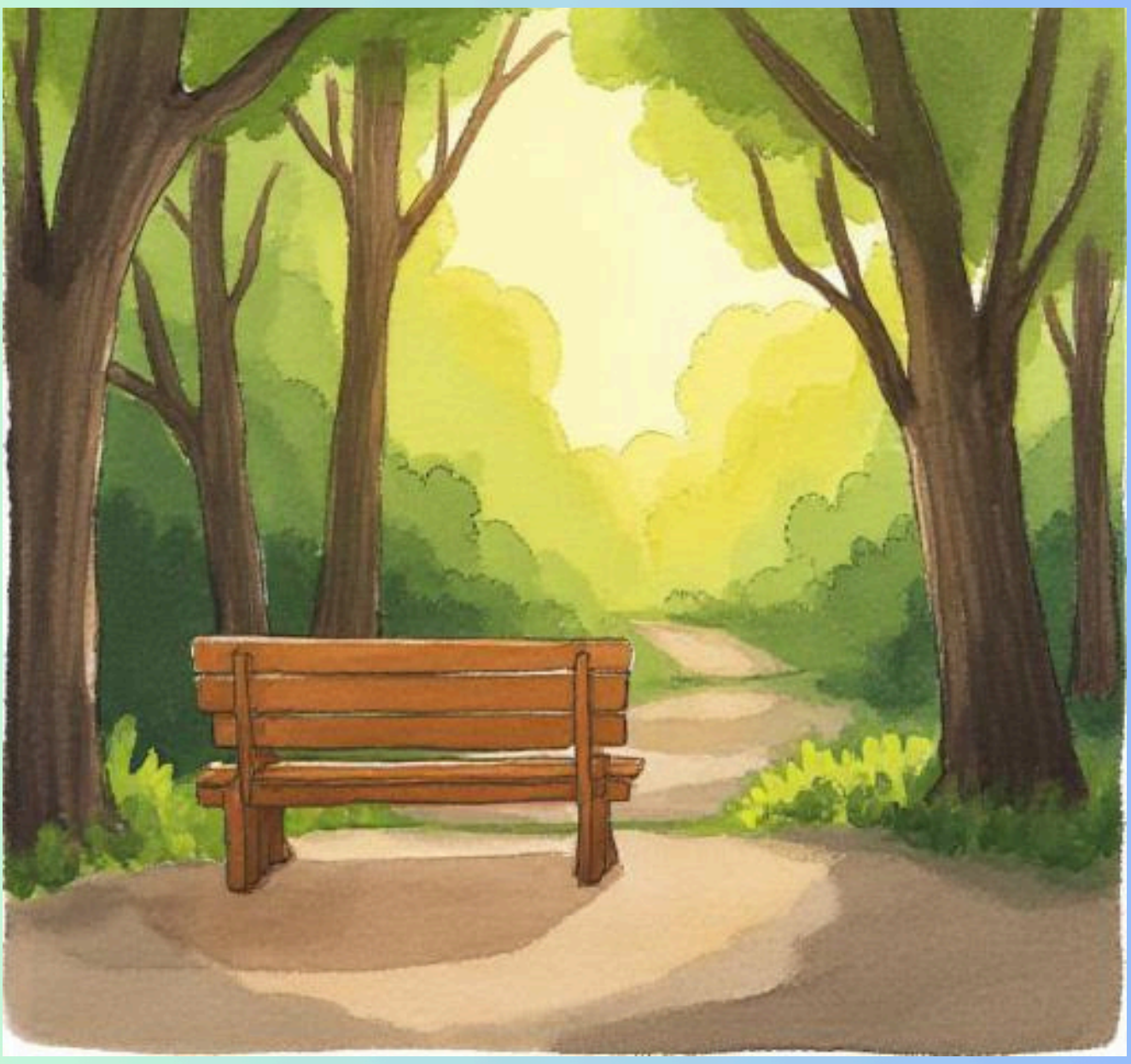
Looking at your numbers

Which statement feels closest to how you already live?

_____

Which one would you like to give more attention to in the season ahead?

_____



who are you inviting to the park bench?

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 journey and yours in meaningful ways. These useful what's include time, effort, and money, all of which you can allocate intentionally while you are still living.

Legacy is about how you live today. Don't think 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 how they use these resources determines what the next generation receives. Legacy bridges protecting what is valuable and adapting for the future. Whether it means safeguarding cultural traditions, passing down ethical leadership, or pioneering sustainability initiatives, legacy is crucial to ensuring progress 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.

OCTOBER 25, 2026, ISSUE 13

LEGACENT

MAGAZINE:

LEGACY AFTER 60

Connect With Us

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Website: wellthmovement.com
Back Issues of the Magazine:
wellthmovement.com/legacent-magazine

Publisher: **WELLth Movement**

Next Issue: November 24, 2026









Notable 1



Legacent: This really resonates. So much of the public conversation about aging focuses on decline, when the lived reality for so many Canadians is contribution, resilience, and accumulated wisdom. Your Legacent framework gives people language for something they already feel but rarely articulate — that later life isn't just "more years," it's a new stage of impact.

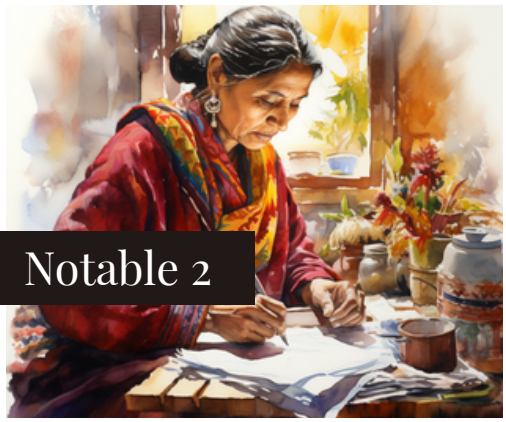
What stood out for me is how your model shifts the conversation from aging as maintenance to aging as meaningful contribution. The idea that older adults can curate experience, mentor with intention, and strengthen community infrastructure feels both practical and inspiring. It's exactly the kind of reframing Canada needs as we move toward a superaged society.

The article's point about demographic change being a design opportunity pairs well with your view that legacy is a daily practice. Longer lives matter — but what we do with that time matters more. Your Legacent progression gives people a roadmap for turning longevity into value for others, and that's a powerful message for anyone navigating identity after formal roles shift.

Appreciate the clarity and purpose you bring to this conversation. It's a needed voice.

From:
https://www.linkedin.com/pulse/experience-legacy-newsletter-113-stephen-hobbs-rizuc/

Notable 2



I am already a Legacent — Every time I reflect, name a lesson, or share a story that helps another woman see herself clearly — I am living my legacy now. My experiences are not just history. They are my offering.

M, Calgary