NOVEMBER 24, 2026, ISSUE 14

LEGACENT

MAGAZINE:

LEGACY AFTER 60



Quest

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

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

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

Your Quest Path Stones Are In This Issue

This issue holds the basics of a Legacent Quest. You'll find the 13 path stones, the questions that run from History to Mystery and back, and the first practices to try. Read it from cover to cover, and you can begin walking today, at your own pace and in your own way.

Start with the first stone, Y: Yield to Why. Find a quiet spot, pour a coffee, and ask yourself one question: why this path, now?

Write down whatever answer comes.
That single page is the start of your Quest.

If you'd like company on the path, join the first live Quest. We begin online on Saturday, February 20, 2027, and walk the 13 stones together over 13 Saturdays. This first Quest is Pay What You Can. Pre-register now through the contact form with the word "Quest." The registration link opens January 15. More information on Pages 19-20.

— Stephen



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. 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. *As Hearthkeeper, I invite you to read slowly.* Pause where something resonates. Carry forward what stays with you. Identity deepens through attention. *Explore what MAKES means for you: Map, Knowledge, Action, Engagement, Safety!*

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

Becoming a Legacent: 13-Module Course Outline

The course follows the seven letters of the YABCDEF model from the Legacy Path Way, then moves through felt safety, story sharing and story telling, ten questions, and prompts for action. Each module opens with its intention: the legacy intention it serves, and where and when intention gifts attention. Key concepts, wise practices, and reflection questions follow. Each module is a path stone: a steady place to stand before the next step. Each person walks the path in their own way and at their own pace.

Course at a glance

Module Focus

1 Y: Yield to Why/Yes_ Pause and name why this path matters now
2 A: Acknowledge and Alignment_ Name the experience and keep what serves
3 B: Behave from Beliefs_ Show your values through daily behaviour
4 C: Character and Consequences_ Learn from outcomes and notice patterns
5 D: Direction and Decision_ Turn understanding into a first step
6 E: Experience and Engagement_ Invite others in and hold space
7 F: Feed-Forward & Feed-Fromward_ Gather lessons behind, beside, & beyond

8 Felt Safety __ Build safe systems and safer practices
9 Story Sharing __ Share your stories with a few
10 10 Questions __ Consider where you stand on the path
11 Story Telling __ Tell your story for many

12 So What? What Else? Now What? ___ Make meaning from what you found
13 Continue, Stop, Start NOW ___ Decide and act

Module 1: Y — Yield to Why/Yes

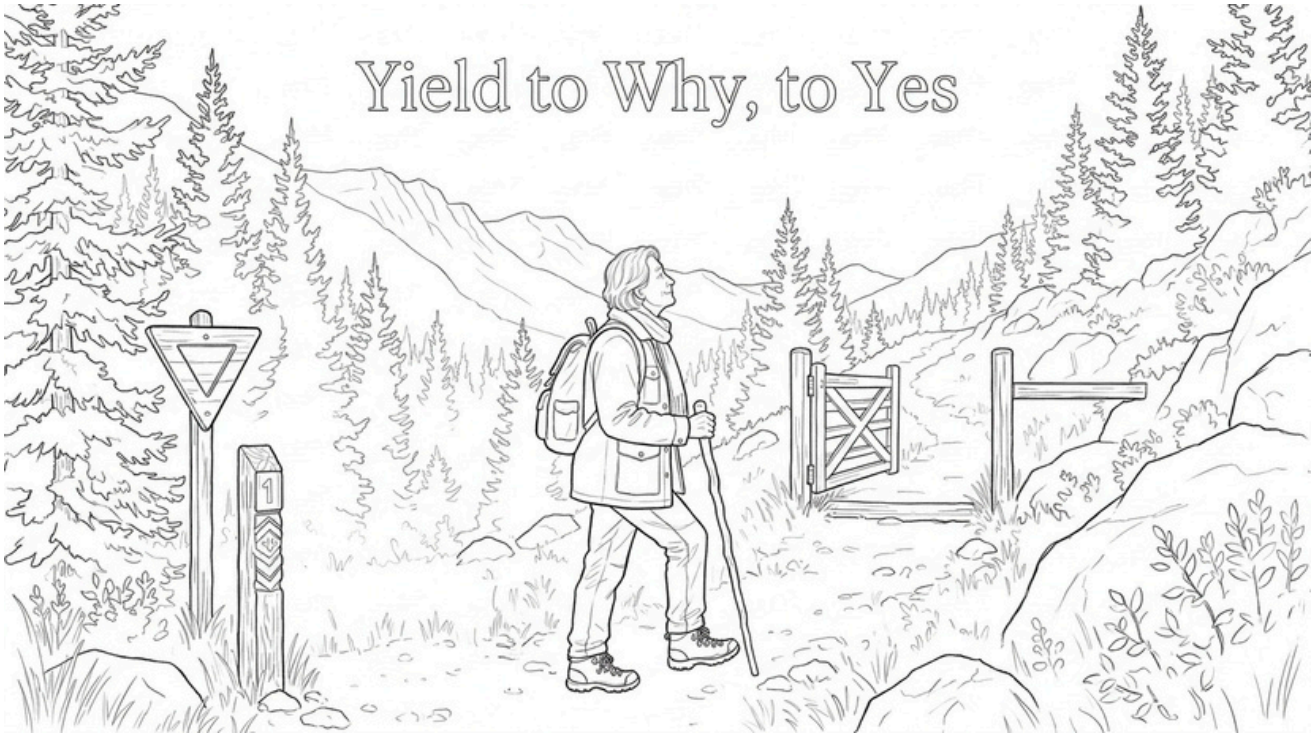
Intention: Everything begins with a pause. Yielding means listening to the wisdom inside your story before moving forward.

Key concepts: yielding as giving attention; the difference between reacting and responding; legacy intention carries through every season; intention gifts attention.

Wise practices:
The Quiet Pause (sit, breathe, ask, write)
Three Defining Moments (list, learn, underline)
What Matters Most List (name five, star one)

Reflection questions: What truth rises when you pause? Why this path, now?

Story frame: Origin story



Module 2: A — Acknowledge and Alignment

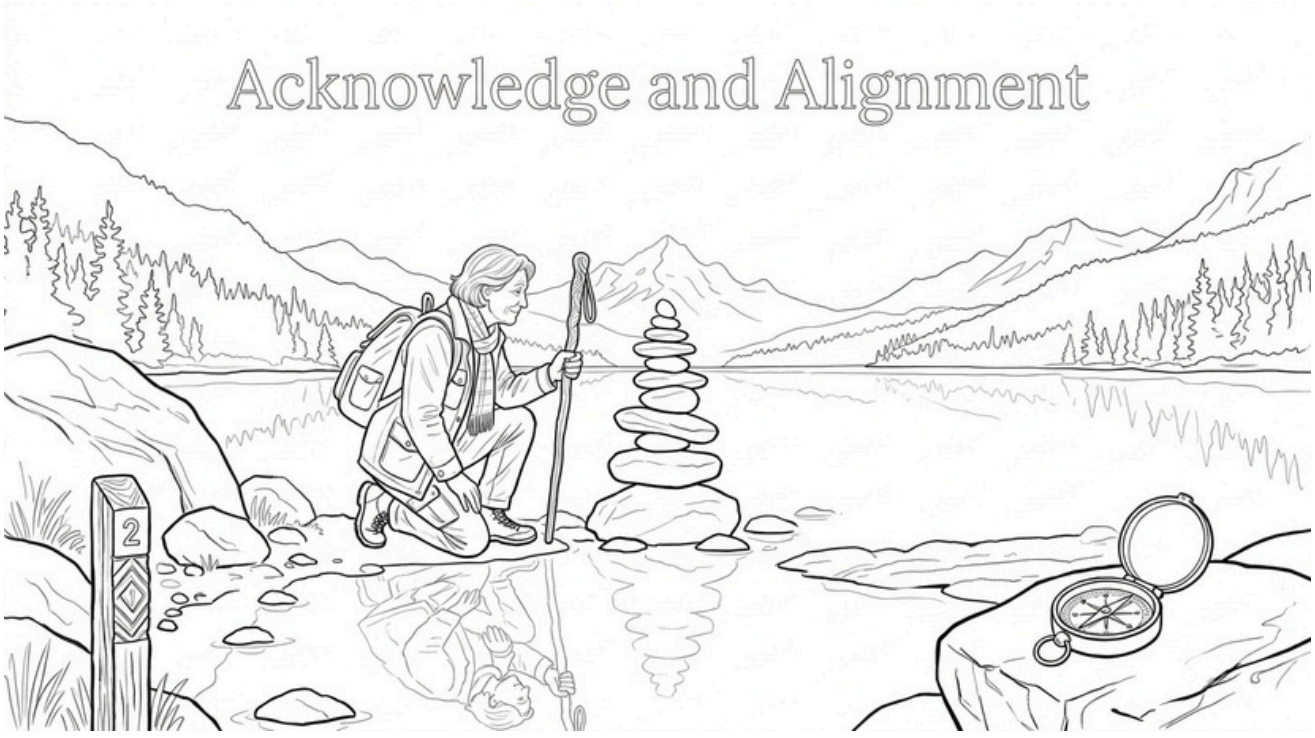
Intention: You carry decades of evidence of what you have learned, led, and lived. Acknowledge what already exists, then align what still serves your next steps.

Key concepts: experience as capability; you are starting with, never starting over; evidence as your legacy toolkit.

Wise practices:
Your Evidence Inventory (skills, knowledge, attitudes)
Keep–Release Sorting (mark what supports you)
The Ready Strength (name one, use it this week)

Reflection questions: What part of your experience still feels alive? What fits your present?

Story frame: Capability to Capacity story



Module 3: B — Behave from Beliefs

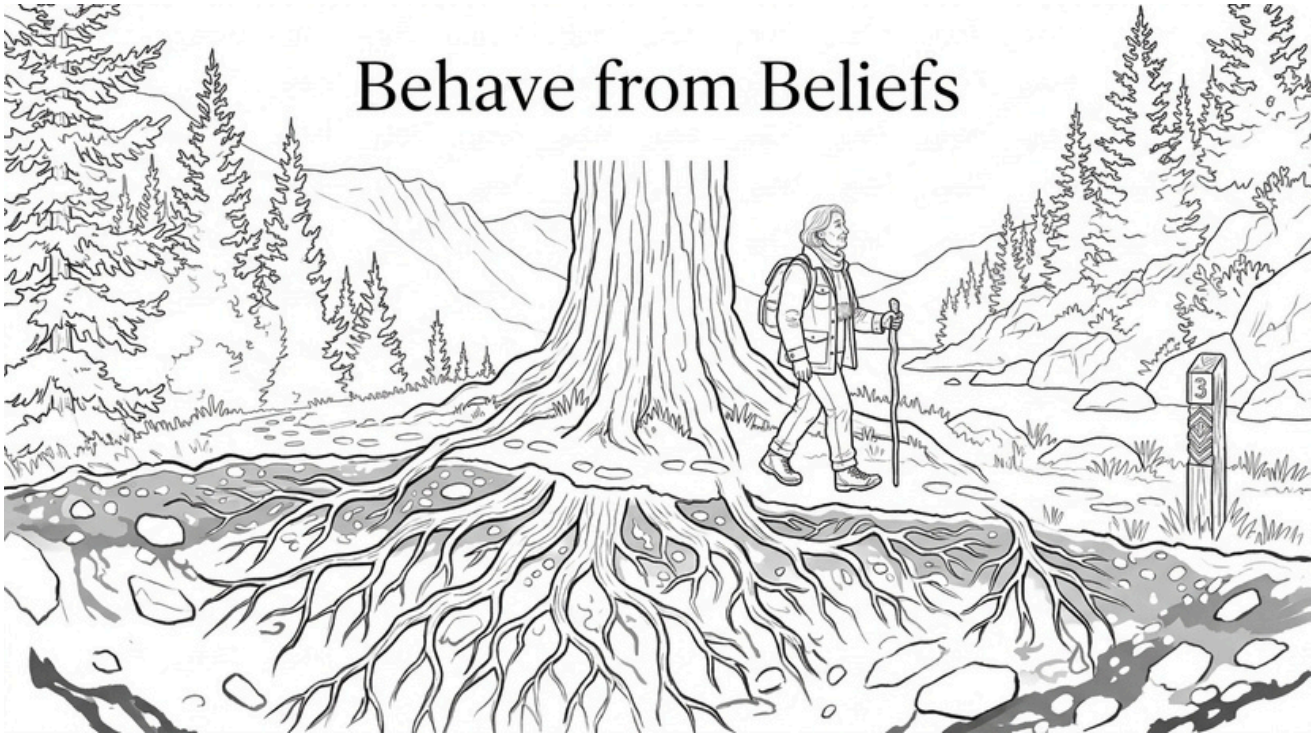
Intention: Legacy becomes visible through behaviour. This module matches your actions with your values.

Key concepts: behaviour as demonstration; walking your talk daily; presence over performance.

Wise practices:
Walk Your Value (choose one, show it today)
The Tone Check (speak with care, notice the response)
Belief in Motion (name a belief, show it twice)

Reflection questions: Do my actions reflect what I say I believe? Where can my behaviour show my values?

Story frame: Action story



Module 4: C — Character and Consequences

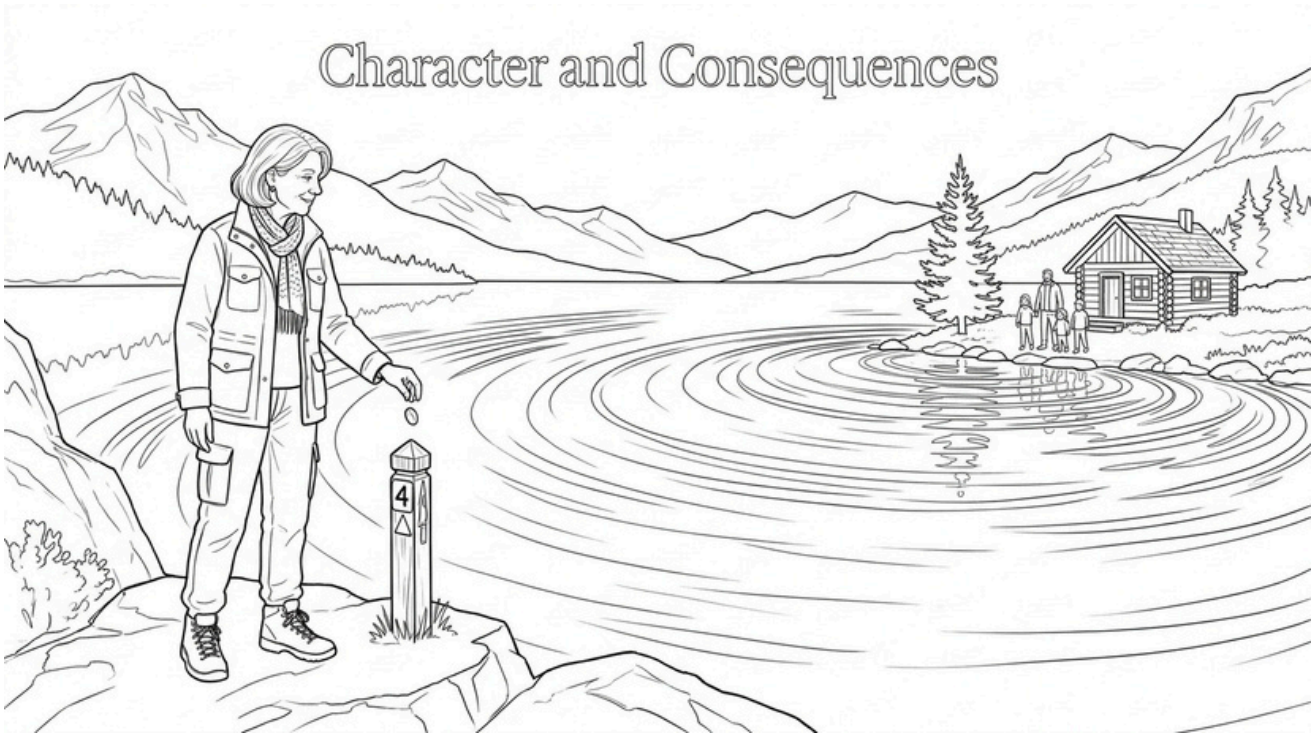
Intention: Every choice carries a consequence, and every consequence shapes character. This module teaches learning from outcomes and recognizing patterns.

Key concepts: consequences as teachers; patterns reveal who you are becoming; the wise agitator questions with care.

Wise practices:
The Outcome Review (action, outcome, lesson)
Character Snapshot (traits, moments, strengthen one)
Pattern Noticing (three outcomes, one link, one shift)

Reflection questions: What have my consequences taught me? Who am I becoming?

Story frame: Outcome story



Module 5: D — Direction and Decision

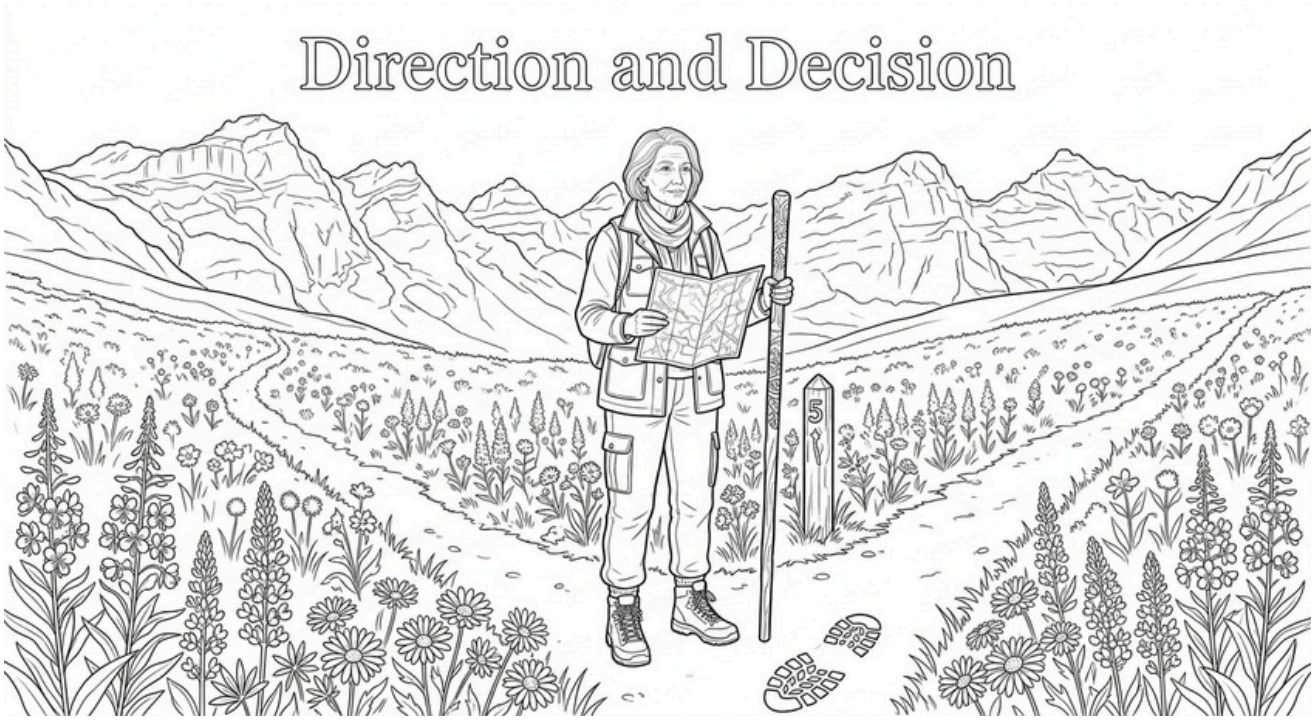
Intention: Direction turns understanding into movement. This module guides you through dreaming, designing, developing, delivering, and determining.

Key concepts: the five steps (Dream, Design, Develop, Deliver, Determine); direction as gyrocompass; sequence and steadiness.

Wise practices:
Dream to Step (sentence, action, calendar)
The Direction Map (a line with three points)
Green for Go (three yes signs, one caution)

Reflection questions: What direction feels right now? What step can I take in 72 hours?

Story frame: Vision story



Module 6: E — Experience and Engagement

Intention: Legacy lives through connection. This module shows how to invite others into your legacy intention and create spaces where people belong.

Key concepts: engage (involve, include, invest); enfold (welcome, hold space, create safety); experience-led learning and educating; connection completes direction.

Wise practices:
One Invitation (ask, listen, hold space)
Create Safe Space (offer presence)
Shared Contribution (do something together)

Reflection questions: Who am I inviting into my legacy? Who needs my presence today?

Story frame: Collaboration story



Module 7: F — Feed-Forward & Feed-Fromward

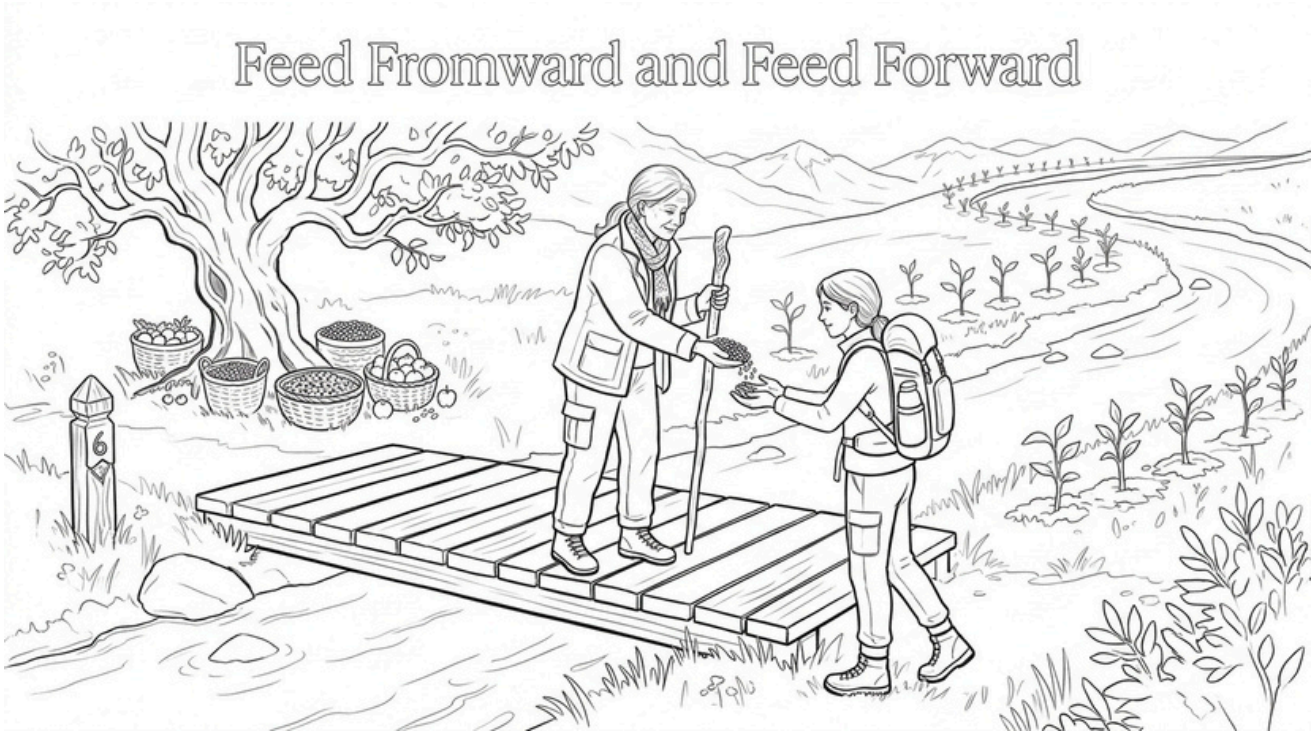
Intention: Learning keeps legacy alive. This module gathers lessons from behind (experience), beside (peers), and beyond (future voices).

Key concepts: feedback, feed-forward, feed-fromward; remaining teachable after 60; renewal through reflection.

Wise practices:
Behind–Beside–Beyond (one lesson from each)
Ask for One Insight (listen, write, apply)
Apply the Lesson (take one step today)

Reflection questions: What am I learning from behind, beside, and beyond? What lesson wants to move me forward?

Story frame: Learning/Educating story



Module 8: Felt Safety

Intention: Before people share their stories, they need to feel safe. Felt safety comes from safe systems (architecture: agreements, structure, timing) and safer practices (architexture: listening, care, and trust among a few). It builds on the experiences in Module 6.

Key concepts: felt safety as the person experiences it; safe systems and safer practices working together; consent to share and the right to pass.

Wise practices:
Circle Agreements (write three agreements together)
The Safety Check (each person names what lets them speak freely)
Right to Pass (practise passing and returning later)

Reflection questions: What lets me feel safe enough to share? What can I offer so others feel safe with me?



Module 9: Story Sharing

Intention: Story sharing happens with a few and moves both ways. Shared stories enfold because of your experiences. Participants use the seven story frames from Modules 1–7, in the format of a Story Exchange Grove.

Key concepts: sharing as exchange; the seven story frames (origin, capability to capacity, action, outcome, vision, collaboration, learning/educating); listening as contribution.

Wise practices:
Choose a Frame (pick one frame, share for three minutes)
Reflect Back (each listener names one phrase they heard)
Exchange (a listener offers a related story of their own)

Reflection questions: Which story felt good to share? What did I learn from listening?



Module 10: 10 Questions

Intention: Ten questions walk the path in both directions. Five run from History toward Mystery, and five run from Mystery back toward History. Where the two walks meet, each person finds their Imagined Future Story.

Mystery to History	History to Mystery
Whole?	**Why?**
Where?	**How?**
Who out?	**Who in?**
When?	**What?**
Imagined Future Story, Pull?	**Push, Imagined Future Story?**

Wise practices:
Walk Forward (answer the five History to Mystery questions)
Walk Back (answer the five Mystery to History questions)
Meet in the Middle (write your Imagined Future Story
where the two walks meet)

Reflection questions: What pushes me forward? What pulls me on?



Module 11: Story Telling

Intention: Story telling is for many and moves in one direction. Told stories unfold. Your responses to the questions in Module 10 guide the choice of which story to tell and to whom.

Key concepts: telling as offering; choosing an audience; formats such as a talk, article, podcast, video, or letter.

Wise practices:
Choose Your Audience (name who needs to hear this story)
Shape the Story (beginning, turning point, lesson)
Tell It Once (share the story in one public format)

Reflection questions: Who needs to hear this story? What do I want them to carry forward?



Module 12: So What? What Else? Now What?

Intention: This module weaves it all together. So What? asks what this means for me. What Else? opens other views, people, and options. Now What? names the step that follows.

Wise practices:
Three Questions Page (one page for each key insight)
Ask a Peer (invite one person to offer a "What Else?")
Choose One Now What (write it as a single action)

Reflection questions: What matters most in what I found? What step follows from it?



Module 13: Continue, Stop, Start NOW

Intention: This module turns reflection into decisions: continue what serves you, stop what no longer fits, and start one thing now.

The G Coffee Test: Before you start, hold the step up over a cup of coffee and ask whether it is simpler, deeper, better, wiser, and kinder. A step that passes is ready to start NOW.

Wise practices:
Three Columns (Continue, Stop, Start)
Start NOW (choose one action to begin within 72 hours, as in Module 5)
Imagined Future Story (write the future you intend, and let it pull you forward)
Return to Y (name what will bring you back to Why for the next walk)

Reflection questions: What am I ready to continue, stop, and start? What brings me to Y?



The Legacent Quest: An Invitation to the First Quest

In the October issue I introduced the Legacent Quest and the markers along the Legacent Path. This month I'm inviting you to walk it with me. The first Quest starts online on Saturday, February 20, 2027. It runs for 13 Saturdays, one path stone each week, and finishes on May 15.

What the Quest is
The Quest is a live, guided conversational journey for olders who want to live their legacy intention while they're here to experience it, It, IT. It draws on the YABCDEF model from my Legacy Path Way work and on the paired markers from the October glossary.

Each week we stand on one path stone together. A path stone is a steady place to pause, find your balance, and look at the next step before you take it. You can stay on a stone as long as you need. Each person walks the path in their own way.

The path runs in two directions, from History toward Mystery and from Mystery toward History. Between them sits an Imagined Future Story: what we have lived pushes us toward it, and the story pulls us on.

The path ahead
The first seven weeks follow the letters Y to F: Yield to Why, Acknowledge and Alignment, Behave from Beliefs, Character and Consequences, Direction and Decision, Experience and Engagement, and Feed-Forward & Feed-Fromward. In weeks 8 and 9, we turn to Felt Safety and Story Sharing, where you share your stories with a few. Week 10 brings ten questions that walk the path from History to Mystery and return. In the last three weeks, we move to Story Telling, then So What? What Else? Now What?, and close with Continue, Stop, Start NOW.

How it runs
We meet online, live, once a week for 13 weeks. Each session runs two hours, Saturdays at 11 am Mountain Time: 90 minutes of guided interaction, then open Q&A. Between sessions, you'll have one wise practice to try and one reflection question to carry with you, at minimum.

The Legacent Quest: An Invitation to the First Quest

Sharing stories with a small group is the part some people hesitate over. We'll set our agreements together first, and anyone can pass and come back to it later. Throughout the Quest, intention gifts attention: when we name what we intend, we start to notice what matters.

Who it's for
The Quest is for olders who carry decades of experience and want to put it to work as mentorship and contribution or projects. You might be working, volunteering, or exploring what comes next. You might be a mentor, coach, or leader, or someone still naming your next role. You bring what you've lived, and that's enough to start.

Joining the first Quest

Starts: Saturday, February 20, 2027
Runs: 13 Saturdays, to May 15, 2027
Format: online, live, weekly with email support
Sessions: Saturdays, 11 am to 1 pm Mountain (Calgary) Time
(90 minutes of guided interaction, then open Q&A)
Group size: up to 34 people; the Quest goes ahead once 8 have joined

Fee: Pay What You Can (PWYC) for this inaugural Quest
To join: the registration link opens on January 15, 2027
Pre-register now: send a note through the contact form with the word "Quest" in your message
If you'd like to talk it over before you decide, use the contact form to request a *Legacy Conversation*.

Between now and February, I'll leave you with the question that opens the first path stone: Why this path, now?

Stephen

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