



What is Your Legacy?

Indiana 4-H Civic Engagement Activity

Self-Reflection & Goal Setting

Audience: Grades 3-12

Duration: 10-20 minutes

Overview: In the National 4-H Council's Recognition Model, "Progress toward self-set goals" is one of the four components. 4-H members can gain insight by reflecting on past choices and decisions as they work to set goals for the future.

Objectives: Participants will:

- Consider the personal legacies they wish to leave.
- Set goals in multiple aspects of their daily lives.

Materials

- Pencil or pen for each person.
- Copy of one or more of the following activity sheets from George Mason University (depending upon time available):
 - Legacy of Life – A Personal Reflection
 - Legacy of Life – A Wellness Perspective
 - Legacy of Life – A Letter to Yourself
 - Legacy of Life – Reflections Based on Time

Instructions

- Discuss definitions of the term "legacy."
 - <http://wordcentral.com>: "something left to a person by or as if by will"
 - <https://www.merriam-webster.com/dictionary/>: "something transmitted by or received from an ancestor or predecessor or from the past"
 - <https://www.dictionary.com/browse/>: "anything handed down from the past, as from an ancestor or predecessor"
- Ask participants to consider what they want their legacy to be.
 - What we would like to leave to the next generation?
 - Can we only leave physical items or can we leave life lessons?
- Complete one or more of the documents found on pages 2 or 3. (Give 5-10 minutes to complete each activity).
- Give participants the opportunity to share their legacy with the group (if they wish to do so)

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