



Legacy Journal Writing

- Concept:** To provide opportunity for a family member to connect with their elder relation (parent, aunt/uncle) around the process of capturing his or her memories in a safe, structured, supportive way that honor the memories and the experience of reliving them.
- Process:** To create the ideal structure for life reflection, particularly under what can be a wonderful and emotional circumstance, we must have two participants: the elder and a loved one capable of objectively supporting the process of recounting and capturing a range of experiences and memories. This facilitated process includes transcribing the elder's life stories into a keepsake color-coded life journal. This is a nine-week activity that can take place in person (western MA) or online through Skype at a time of day that accommodates the elders' best level of energy.
- Structure:** The legacy journal into which all the elder's memories will be written has eight color-coded sections to correspond with the following areas for stimulating memory recall: dreams (primarily literal but also figurative if elder has no past or current recall), family, friends/social, body, career, adventure, thought, and inspiration. One page from each section will be completed each week through the process of facilitated questioning and prompts. This process will take between two and three hours each week. The time frame is to be consistent each week and arrangements may be made should a family partner miss a session.
- Facilitator:** The author of the Inner Fortune journaling system, Karen Ribeiro, has been a journaler for over 30 years and has been advancing the art of effective journal writing since 2006. She has designed processes of journaling about the experiences of birth and death and each of the eight areas of the legacy journal, inspired through witnessing the tragic death of her 5 year old brother when she was 8 years old, the loss of her mother to cancer, a well developed dream capability, and many other powerful life experiences.
- Investment:** Each family partnership comes together for this experience for \$225.00 per week which includes one legacy journal (mailed upon completion), an initial goal-setting and orientation session, eight weeks of guided facilitation, an opportunity to spend quality time together sharing memories, and a priceless spiral bound reference of a lifetime's experiences.
- Contact:** To schedule a meeting or to arrange for a legacy journal writing series: Call 413-265-3892 or email Karen@innerfortune.com