



What Do I Say?

Staring into a camera lens can leave even the best storytellers at a loss for words. It isn't about being profound; it's about being authentic.

Inspiration from a Life Well-Lived

When thinking about the legacy you want to leave, it helps to look at how great leaders, teachers, and visionaries approach their final messages. They rarely focus on their resumes or personal accolades. Instead, they speak directly to the hearts of the generations that will follow them.

The most impactful legacy messages often share three core pillars that you can use to structure your own video:

- ✓ **Validation:** Reminding your loved ones that their lives matter, and that they have a distinct role to play in the world.
- ✓ **Hope & Action:** Encouraging them not to lose hope in dark times, but to understand that small, daily actions create massive change.
- ✓ **Continuity:** Sharing your peace and personal beliefs about what comes next, offering lasting comfort to those you are leaving behind.

THE GOLDEN RULE

"You do not need to leave behind a list of your achievements. The most powerful thing you can leave behind is the simple assurance that the people you love matter, and that their presence made your life better."

Prompts to Spark Your Memory

You don't need to answer all of these. Pick one or two that resonate with you, and let your thoughts flow naturally from there.



What is the most important lesson you learned the hard way?



What is your definition of a successful or happy life?



Is there anyone you want to explicitly forgive, or ask forgiveness from?



Share your favorite memory of a specific family member or friend.



What core values do you hope your descendants never compromise on?



What brings you the most peace when you think about the end of your life?



Take the Pressure Off

It is entirely natural to feel like this needs to be a flawless, rehearsed masterpiece. **It doesn't.** Your loved ones aren't looking for a polished performance; they just want to hear your voice and see your face.



Record it as many times as you need to feel comfortable. There is no "one take" limit.



This is a living vault. Return next week or next year to replace your video if your perspective changes.

Ready to hit record?

Now that you know *what* to say, make sure you know *how* to say it clearly. Review our technical guide for setting up your smartphone, lighting, and audio before you begin.

[Read the Recording Guide](#)

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