



ADVANCED LEVEL RITUAL: LEGACY COMMITMENTS

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Ask yourself these questions:

Be specific...

In the next thirty days, I will:

In the next sixty days, I will:

In the next 180 days, I will:

In a year, I will:

In two years, I will:

In five years, I will:

In a decade, I will:

Before I leave this world, my legacy will look like:

If my legacy remains incomplete, I will ensure it continues with (name person or entity):

Everyone has the potential to be a leader; everyone can help shape the different systems of which they are a part. Look in your system—the answer to your legacy may be surprisingly close. For example, how can a CEO have a massive impact on our social systems? Prioritize diversity hires in the C-suite, mentor up-and-coming women and other marginalized professionals in the workforce, invest wealth in an underserved school and develop a pipeline of new hires from that community.

Conversely, what can someone with limited resources do? Volunteer time to disadvantaged youth as a mentor, teach in a school system that needs help or participate in a movement you care about—like combatting climate change.

You've already learned to do one of the single most impactful things that will help you define the legacy that you leave the world—you have learned how to regulate your nervous system. Going into the world with a body and mind that are working in concert means you're more likely to notice how safe you are, how others are safe, and how much the world needs you. Keep practicing that and you've already given the greatest gift you can give to the world. A nervous system that is regulated—is contagious.