

Legacy Project

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As an End-of-Life Doula, I work with terminally ill people and their loved ones. One of my services includes talking about and implementing a Legacy Project. In case you are unfamiliar, that is something that can represent you after you die. Something tangible for those to hold or something to participate in or enjoy after you are gone. These projects can take various forms depending on the individual and their interests, values, and impact on others.

While you can start or complete a Legacy Project at any time, including after death, including the dying person in the creative process is a beautiful way to show them how much they are loved before they die.

Legacy projects are important for several reasons:

Honoring the Deceased: They provide a tangible way to honor and remember the person who has died. By creating something in their memory, loved ones can pay tribute to their life and accomplishments.

Preserving Memories: Legacy projects help preserve memories and stories about the deceased, ensuring that future generations remember and celebrate their life.

Healing and Coping: Engaging in a creative or meaningful project can be therapeutic for grieving people. It offers a constructive outlet for processing emotions and finding solace during a difficult time.

Continuing Their Impact: Legacy projects can continue the deceased person's impact on the world. Whether it's through charitable initiatives, artistic endeavors, or community projects, they can leave a lasting legacy that reflects the values and passions of the individual.

Bringing People Together: Collaborating on a legacy project can bring together family members, friends, and community members mourning the loss. It fosters a sense of connection and support among those who share memories and a desire to honor the deceased.

Overall, legacy projects play a significant role in the grieving process and can profoundly impact individuals and communities by preserving memories and celebrating the lives of those who have died.

Here are 75 ideas I've put together for legacy projects:

1. Memory Quilt - Compile clothing items or fabric with sentimental value into a quilt.
2. Digital Scrapbook - Create an online scrapbook with photos, stories, and memories.
3. Remembrance Garden - Plant a garden with flowers or plants in memory of your loved one.
4. Customized Memorial Jewelry - Design and wear jewelry that symbolizes your loved one.
5. Memory Jar - Write down memories on slips of paper and collect them in a jar.

6. Personalized Memorial Bench - Place a memorial bench in a favorite location.
7. Legacy Video - Create a video compilation of memories, interviews, and messages.
8. Storybook of Memories - Compile stories and anecdotes into a printed or digital book.
9. Memorial Website - Develop a website dedicated to sharing memories and photos.
10. Customized Memorial Artwork - Commission or create artwork in memory of your loved one.
11. Engrave or print your loved ones favorite recipe onto a shirt, pillow, glass, etc.
12. Charitable Foundation - Establish a foundation or fund in their name to support a cause.
13. Audio Memorial Podcast - Share stories and memories through a memorial podcast.
14. Travel Memory Map - Create a map with pins marking places significant to your loved one.
15. Online Memorial Guestbook - Create a digital space for friends and family to share memories.
16. Legacy Letter - Write a letter before you die expressing your love and memories to be read by future generations.
17. Memorial Tree Planting - Plant a tree in a meaningful location in memory of your loved one.
18. Customized Memorial Stamps - Create personalized stamps featuring your loved one's image.
19. Memory Bracelet - Craft bracelets with beads representing significant memories.
20. Memorial Candle Lighting Ceremony - Organize an annual candle lighting event.
21. Virtual Memorial Walk - Encourage friends and family to walk in memory on a specific day.
22. Legacy Quilt Square Project - Have friends and family contribute quilt squares with memories.
23. Poetry Compilation - Collect and compile poems written in memory of your loved one.
24. Memory Jar of Good Deeds - Perform and record acts of kindness in their memory.
25. Personalized Memorial Bookmarks - Design bookmarks with quotes, photos, and memories.
26. Memorial Brick Paver - Engrave a brick with your loved one's name in a significant location.
27. Keepsake Box - Store mementos and keepsakes in a specially crafted box.
28. Digital Memorial Art Gallery - Showcase your loved one's art or create art inspired by them.
29. Memory Clock - Customize a clock with pictures that change as time passes.
30. Memorial Bench at a Park - Place a bench with a plaque in a local park.
31. Handwritten Recipe Cards - Share handwritten recipe cards with family and friends.
32. Online Memorial Video Series - Create a series of videos highlighting different aspects of their life.
33. Legacy Puzzle - Design a custom puzzle featuring a memorable photo.
34. Memorial Poetry Reading Event - Organize an event where people share poems in memory.

35. Virtual Memory Wall - Create an online platform where people can post memories.
36. Organize a charity event benefiting the deceased's favorite charity. Golf, baseball, football, art, crafting, or whatever they enjoyed in life.
37. Legacy Time Capsule - Assemble a time capsule with meaningful items and letters.
38. DIY Memorial Garden Stones - Decorate stones with messages and place them in a garden.
39. Legacy Cookbook - Compile a cookbook with family recipes and memories.
40. Memory Lanterns Release - Release lanterns with messages in honor of your loved one.
41. Customized Memorial Puzzle Pieces - Create a puzzle where each piece represents a memory.
42. Digital Memorial Art Installation - Design a digital art installation dedicated to their memory.
43. Memory Wall Collage - Arrange photos and mementos in a visually appealing collage.
44. Customized Memorial T-Shirts - Design shirts with graphics or quotes in their honor.
45. Remembrance Music Playlist - Create a playlist of songs that hold special meaning.
46. Memorial Sun Catchers - Craft sun catchers with symbols and colors representing your loved one.
47. Legacy Wall Mural - Paint or commission a mural in a public space.
48. Virtual Memorial Poetry Slam - Host an online poetry event to commemorate your loved one.
49. Memorial Art Therapy Workshops - Organize workshops to express grief through art.
50. Legacy Documentary - Produce a documentary chronicling your loved one's life and impact.
51. Personalized Memorial Calendar - Create a calendar with photos and memories for each month.
52. Memory Collage Puzzle - Turn a collage of memories into a customized puzzle.
53. DIY Memory Garden Stones - Decorate garden stones with meaningful quotes and memories.
54. Virtual Memorial Cooking Class Series - Share cooking sessions featuring favorite recipes.
55. Customized Memorial Tote Bags - Design tote bags with images and quotes in their memory.
56. Legacy Art Auction - Organize an art auction to raise funds for a cause important to them.
57. Digital Memory Journal App - Develop an app for recording and sharing memories with others.
58. Personalized Memorial Phone Cases - Customize phone cases with images and quotes.
59. Legacy Poem Book - Compile poems written by friends and family in a printed book.
60. DIY Memory Ornament Kit - Provide kits for making personalized ornaments in memory.
61. Virtual Memorial Storytelling Circle - Create a space for sharing stories and memories online.
62. Customized Memorial Puzzle Board - Craft a display board showcasing a completed puzzle.
63. Memory Fire Pit Event - Organize an event where people gather by a fire pit and tell stories about the deceased.

64. Legacy Video Game - Develop a video game that incorporates elements from their life.
65. Virtual Memorial Art Therapy Sessions - Host online art therapy sessions for healing.
66. Personalized Memorial Mosaic - Create a mosaic using photos and mementos.
67. Legacy Recipe Exchange Program - Encourage people to share and swap favorite recipes.
68. DIY Memory Pillowcases - Design pillowcases with images and quotes in remembrance.
69. Virtual Memorial Movie Marathon - Watch movies that hold special memories together online.
70. Customized Memorial Puzzle Artwork - Turn a completed puzzle into a framed piece of art.
71. Memory Lantern Making Workshop - Teach others to create lanterns with personal touches.
72. Virtual Memorial Book Club - Read and discuss books that were significant to your loved one.
73. Legacy Video Game High Score Tournament – Create or compete in a tournament to honor them.
74. Customized Memorial Jigsaw Puzzle - Create a unique jigsaw puzzle featuring memories.
75. Virtual Memorial Paint and Sip Night - Paint and share memories together online.

BONUS idea!

Did your loved one wear glasses or reading glasses? You can make a fantastic ornament out of them! Simply paint the lenses (not the frames) some shade of white. Let dry and decorate the pair as a snowman (top lens: eyes, nose, mouth; bottom lens: buttons). Make a scarf out of a piece of your favorite fabric by wrapping it on the nose bridge (between the two lenses) and make a knot to secure it. Hang on the tree or wherever you hang your ornaments.

You could also purchase a small tree to use as a memorial tree at Christmas. Those who wish to participate can make an ornament for the tree yearly in memory of a loved one.

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