

THE TOP 5 ACTIONS FOR CREATING YOUR OWN BREADCRUMB LEGACY™



PURPOSE

1. **Purpose.** It is important to have a reason to get up in the morning. Think of purpose with a little “p.” Find little things you can integrate into your life that bring you joy.

List 4 things that bring you Joy-Gain:

-
-
-
-

List 4 things that diminish your Joy-
Drain:

-
-
-
-

RELATIONSHIPS

2. **Relationships.** Make maintaining, sustaining, and cultivating relationships a priority because they are your support system. This takes time, but it is an investment that pays dividends. **Connection is protection.** Start today to make a new friend or connect with an old friend.

Write the name of 3 friends to
reconnect with this week/month:

-
-
-

Name 3 situations where you might
make a new connection:

-
-
-

EGO

3. **Ego.** An unhealthy ego gets in your way of living a joyful life. It manifests as envy, jealousy, micromanaging, competitive, and greed. A healthy ego is willing to admit mistakes, not hold grudges, and able to let go to move on. **Your ego is not your amigo.**

In the last week, think of one way your ego has caused you stress or distress. Write down a way you wish you would have responded. Try to respond this way in the future.

“Breadcrumb Legacy™ is a mindset, an awareness of the impact you're having on your relationships, your organization, and your family, in every communication and interaction-every day.”



– Jann Freed

LEARN

4. **Learn and Unlearn.** When you change your mindset, you change how you think, behave, and what you believe. This may involve unlearning previous patterns of behaviors and previously held beliefs. Develop a mindset of **abundance and growth**. Create a stop-doing list so that you have time to work on your to-learn list.

Create a stop-doing list:

-
-
-
-

Create a to-learn list:

-
-
-
-

DEATH

5. **Death.** Your attitude about death affects the way you live now. When you know how to die, you know how to live. Coming to terms with the fact that death is inevitable (sometime), helps you focus on what matters most. It helps you prioritize and allocate your most precious resource—time. Write your eulogy this week focusing on how you want to be remembered and live that legacy.

Write down how you feel about someone close to you who has died.

Write down how you feel about your own eventual death.

Write 3 things that you would like someone to say about you in your eulogy.

-
-
-