

Trusted Tour Guide Annie Legacy Snapshot Workbook Introduced in Episode 14 How to Use This Workbook

This quick-start worksheet helps you capture one meaningful moment—without pressure, perfectionism, or tech overwhelm. You'll answer five short prompts and finish with one concrete action to keep your story alive this week.

Use it your way:

- Type directly into this PDF, print and write by hand, or use it as a guide while designing in Canva.
- Keep it simple—honest beats polished.
- Finish in one sitting or spread it over a few days—progress counts.

What's Inside (at a Glance)

- 1.Anchor the Moment
- 2.What It Meant / Meaning
- 3.How You Frame It
- 4.Forward Action
- 5.Pass It On

Before You Close the File

- 1.Recommended file name:
LegacySnapshot_YourName_MonthYear (e.g.,
LegacySnapshot_Annie_July2025.pdf)
- 2.Back it up: cloud folder, email to yourself, USB drive, or share with someone you trust.
- 3.Optional: set a calendar reminder to revisit this in 1 year.

Let's get started...



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Legacy Snapshot Workbook
Introduced in Episode 14**

Your Story Metadata

Story Title:

Date of Moment:

Date Captured:

Who is Your Intended Audience:

Tags / Category:

(e.g., family tradition, lesson, career pivot)

Your Notes:



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Section One: Anchor the Moment

Prompt copy:

Describe the scene: Where were you? Who was there? What could you hear, smell, or feel? What changed or shifted?

Example callout (in lighter/italic):

"My grandmother's Saturday bread taught me patience—now I bake it with my niece and tell her the story while we wait for the dough to rise."

Your Notes:



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Section Two: What It Meant / Meaning

Prompt:

What did that moment teach you or show you about what matters?
Why does it stick with you?

Example (callout / lighter text):

"That afternoon with my grandmother showed me that patience isn't waiting—it's the choice to slow down and be present. Now I bake with intention, not rush."

Your Notes:



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Section Three: How You Frame It

Prompt:

Give it a short title or phrase that captures the essence—your one true sentence or legacy headline.

Example (callout / lighter text):

"Patience as presence."

Your Notes:



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Section Four: Forward Action

Prompt copy:

What's the next small step to keep this story alive?

Examples:

- *Record a 2-minute voice memo*
- *Write it as a letter*
- *Schedule a conversation*
- *Create a recipe card*

Your Notes:



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Section Five: Pass It On

Way you will share your story (checkbox style):

- ☐ Record a voice memo
- ☐ Tell it over dinner or a gathering
- ☐ Include it in a legacy journal or time capsule
- ☐ Share it with a named person
- ☐ Other: _____

Your Notes:



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Quick Next Steps

1. Save this snapshot in your Legacy Vault (digital or physical).
2. Save as: Recommended file name:
LegacySnapshot_YourName_MonthYear (e.g.,
LegacySnapshot_Annie_July2025.pdf)
3. Tag or categorize it for future retrieval.
4. Share or pass it on using your chosen method.
5. Reflect periodically and add new snapshots.

Episode 12A introduced the idea. Episode 14 introduced the Legacy Snapshot. The Legacy Playbook Toolkit is the hands-on next step—
expand and preserve your story.

Then keep walking with the Trusted Companion Journey.

Your story matters. Start here, then build the thread forward.

You got this!

Trusted Tour Guide Annie

