

LIFE REVIEW & LEGACY SERVICES

Life Review &/or Legacy Project: \$110/90-minute Session

- Whether doing a Life Review or Legacy Project or both, we begin by taking a deep look at the meaning of your life. If just doing a Life Review, we will focus on our discussion & what it reveals. If doing a Legacy Project, we'll also look for ways to express that meaning & your personality in a focused memento of your life, such as a memory box, a collage, a video, or a collection of recipes. Families & loved ones may help create the Legacy Project.
 - Exploring your life's contributions, challenges, regrets, & values can give you a sense of completion & peace. It shifts the focus to a life lived, improves emotional connections, increases a sense of control, maintains hope through purpose, & preserves the past through your Legacy Project.
-
- **Sample Legacy Project Ideas:**
 - Memory books (photos, letters, memorabilia).
 - Life stories & lessons learned, compiled in a book or recorded in a video.
 - Family history audio recording or illustrated family tree.
 - Letters to loved ones for future events.
 - Quilts made of favorite clothes; photo quilts.
 - Seeds & plants for an heirloom garden.
 - Life scroll of major events & treasured moments.

Click here to schedule your free, 15-minute consultation.

Call us: 434-774-7111

Email: marcy@sunsetdoulas.com

Website: <https://sunsetdoulas.com>