

# The Legacy Living C.O.P.E. Framework

## A Getting Started Checklist

A **Legacy Living** getting-started guide to:

C = Clear Clutter  
O = Organize  
P = Preserve  
E = Empower

- **Clear the Clutter** from your life, whether physical, mental, or emotional clutter;
- **Organize** your belongings, life, and business to focus on what matters;
- **Preserve** the stories, historical artifacts, and mementos to share your legacy with current and future generations; and
- **Empower** yourself to live your legacy with clarity and confidence

(Titles of resources listed in **bold italics** are hyperlinked to the source - no optin required.)

### CLEAR CLUTTER



- ☐ Identify your biggest clutter hotspots - physical or digital.
- ☐ Set 1-3 small decluttering goals that reflect your current season of life or business.
- ☐ Choose a decluttering method or rule (like 'one-in, one-out' and apply it to one area at a time.
- ☐ Schedule 1-2 decluttering sessions this week, even if only 15 minutes. The FREE ***Digital Decluttering Checklist*** can help.

### ORGANIZE



- ☐ Choose one key area to organize for peace of mind (e.g. desktop, email inbox, photo box).
- ☐ Identify tools or storage solutions you already have before buying anything new.
- ☐ Pick one daily micro-habit (e.g., clear digital downloads, reset a space) and track it for a week. Use
- ☐ Assign a "home" for important physical and digital items, based on how you use them.

## PRESERVE



- ☐ Reflect on one story, value, or lesson you want to pass down, and jot it down in a journal.
- ☐ Gather important life or legal documents in one place - start your **VLP (Vital Legal Papers)** Box
- ☐ Share a personal story or family tradition with someone this week (conversation, email, or post).
- ☐ Choose one meaningful object (heirloom, letter, photo) and write down why it matters. The **Legacy Labels** kit can help you.
- ☐ Organize and back up key files or photos you want to protect or share.

## EMPOWER



- ☐ Name one boundary you need to set or strengthen to protect your time and energy.
- ☐ Commit to one wellness habit this week (movement, food, rest, or check-up). Use the **My One Thing Habit Tracker** to make it stick.
- ☐ Voice one opinion, idea, or need - at home, online, or in your community.
- ☐ Learn something new this week that supports your next step (book, article, tutorial).
- ☐ Mentor someone or write a letter to share our wisdom and experience.
- ☐ Connect or reconnect with one supportive person or community.