



IN THE ROOM WITH  
**LEGACY**

# The Legacy *Conversation* Starter Kit

VOLUME I

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# Where *We* Come From

## Family Origins and Story



## Opening *Orientation*

### **Every family is different.**

Different levels of closeness. Different histories. Different ways of communicating, remembering, and relating.

This conversation is not about perfection, agreement, or uncovering every detail of the past. It is about starting where you are and creating space to listen, remember, and understand one another more fully.

Legacy is not only what is passed down. It is also built through relationships.

How stories are told. What is remembered. What is protected? What is carried forward?

You do not need to rush this conversation. You do not need to cover everything. Even one meaningful exchange can shift how a family sees itself.



# About This *Volume*

**This conversation guide is part of the Legacy Conversation Series by In the Room with Legacy.**

Each volume in the series focuses on a different dimension of legacy, beginning with family origins and story. This volume is designed to help families start, not to cover everything at once.

You are meant to move at your own pace. Some families will engage with one volume. Others will return to the series over time.

There is no correct order and no expectation of completion. Legacy is built through intention, relationship, and timing.

## How to *Use This Kit*

**This kit is designed to be flexible.**



You can use it one-on-one or in a group.



You can move through it in one sitting or over time.



You can follow the questions in order or let the conversation flow naturally.

These prompts are not meant to interrogate. **They are meant to open doors.**

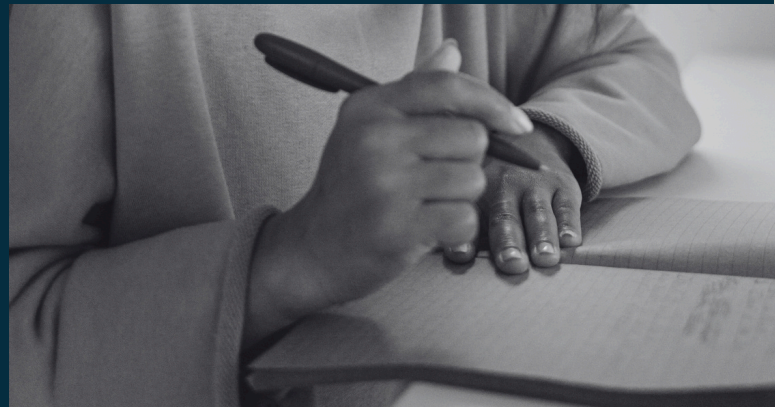
Some questions are meant to be answered. Others are meant to be sat with.

If emotion arises, pause. That is often where the most important meaning lives.



# On Documenting *the Conversation*

If you choose to document this conversation, keep it simple.



**This can look like Audio recordings on your phone, short video clips, written notes or reflections, or voice notes recorded afterward**

You are not trying to capture everything. You are capturing memory, tone, and context.

Over time, these conversations can become part of a family archive. A living record of voices, stories, and reflections that future generations will be grateful exists.

Preservation begins with intention, not production.

# Family *Origins* and *Story*



**Before we talk about where we are going, we honor where we have been.**

Every family has a story and often more than one version of it.

Some stories are told often and become part of family folklore. Others are held quietly, shared only in fragments, or remembered by one person alone.

This conversation is not about determining the correct version of history. It is about understanding how people remember and what those memories reveal about the family you are part of today.

Move slowly. Follow curiosity. Let people tell the story in their own way.

## ◆ How to *Hold* This *Conversation*

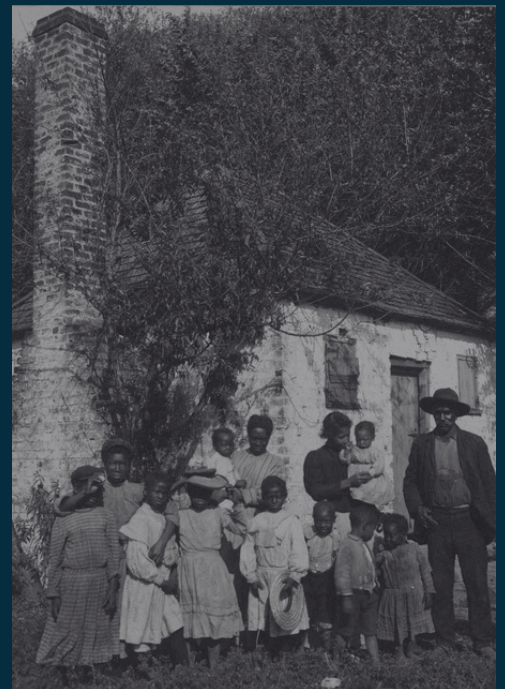
Start with one voice at a time. Resist the urge to correct details or timelines in the moment. If multiple generations are present, allow elders to begin.

If something emotional surfaces, pause. That is not a problem to fix. It is part of the story.



# ◆ Core *Conversation* Prompts

You do not need to ask every question. Choose what feels alive.



## *The Beginning*

When you think about our family, where does the story begin for you?

Who were the first people in our family you remember hearing about?

What do you know about where our people came from geographically, culturally, or spiritually?

**Optional reflections:** How did they end up where they did? What do you think they were hoping for? What was life like for them day to day?



# The *Stories* That Got Told

What stories about our family were told most often when you were growing up?

Who usually told those stories?

Which stories were told with pride, humor, or caution?

**Optional reflections:** Are there stories you understood differently as you got older? Are there stories that served an emotional purpose in the family?



# The *Stories* That Were *Not* Told

Were there parts of our family history that were rarely discussed?

Are there questions you always had but never asked?

Are there people whose stories feel incomplete or missing?

**Optional reflections:** What do you think made those stories harder to tell? How do you think that silence shaped the family?



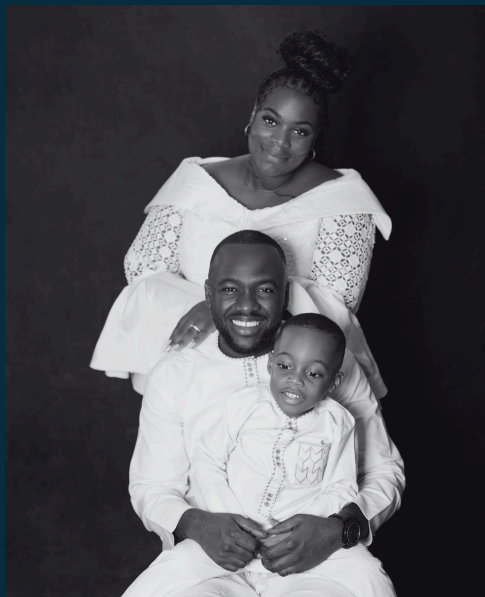
# Survival, *Movement*, and Change

What major changes did our family live through?

What did our family have to figure out in order to survive or move forward?

Who carried the heaviest weight during those transitions?

**Optional reflections:** What strengths came from those moments? What costs came with those strengths?



## Identity and *Meaning*

When you think about our family history, what feels most defining?

What parts of our story do you feel most connected to?

What parts feel more distant?

**Optional reflections:** How do you think our history shaped how we love, work, protect, or communicate? What from our past do you feel responsible for honoring or carrying forward?



# ◆ Gentle *Reflection*

**After the conversation, consider taking a moment to reflect**

What is something you learned that you did not know before?

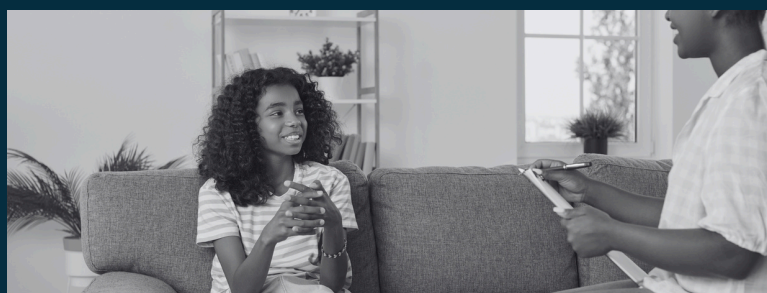
What do you understand differently now?

What story feels important to preserve?

This reflection can be spoken aloud, written privately, or recorded.

# ◆ Documentation *Prompt*

**If you choose to save any part of this conversation, focus on the human details.**



Voices, Pauses, Emotion

Label recordings with the date, location, and who is speaking. Save any photos, names, or places mentioned.

You are not documenting for perfection. You are preserving memory and meaning.

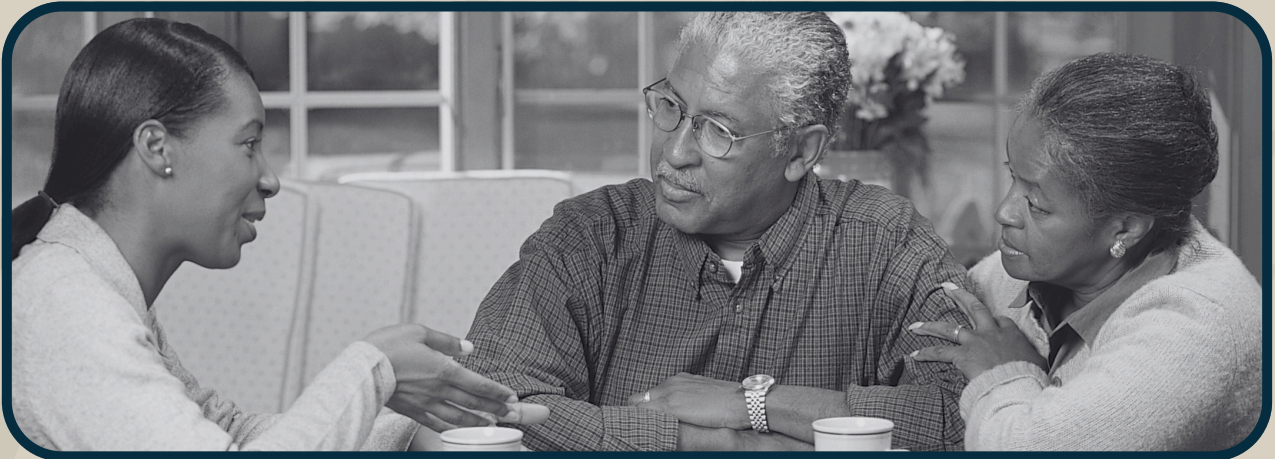


## ◆ Closing *Reflection*

You may not remember every detail of what was said.

But you will remember how it felt to sit together and tell the story.

That feeling is **part of your legacy**.



## Continuing the *Conversation*

If you have made it this far, something meaningful has already happened.

You paused. You listened. You created space for memory and understanding. This starter kit was designed to help families begin. Not to rush toward answers or resolution, but to open the door to conversations that often get postponed.

Legacy is built over time through care, attention, and relationship.

For some families, this conversation will be enough for now. For others, it will spark a desire to go deeper.

That is intentional.

This volume focuses on family origins and stories because remembering who we are is the foundation for everything that follows.

Preservation does not require perfection. It begins with intention.

Thank you for starting.