



My
SMART *footprints*TM
Journal

Name: _____

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SMARTfootprints™ is part of The SMART Transition Experience™, a proprietary process that helps you reduce stress and improve your quality of life using SMART strategies and systems.



SMARTfootprints™

Introduction to SMARTfootprints™

The SMARTfootprints™ Process has been created to help people record and share what is most important to them. This journal can be used in a number of ways. It can help you:

- Reflect back on your life and share its meaning and significance with loved ones and friends.
- Think ahead and prepare for your twilight years.
- Help someone else record what matters most to them.

Because this journal explores a wide range of subjects, we recommend you try to complete as much, or as little, of it as you like. **It is not necessary to complete the entire journal.** It is much better to take it one piece at a time and take time to reflect on each major element.

Tell stories where possible. Stories help other people understand, more easily share, and find personal relevance in your feelings, actions, preferences, and past decisions.

This journal is designed to encourage **meaningful conversations** that create better personal relationships and make it possible for people to share or capture important life reflections. And, it can also be a very valuable resource for **helping people receive, and helping caregivers provide, better care** throughout the later years in life.

For example, if you are visiting or being visited by loved ones or friends, it can provide a great structure for ongoing conversation that adds new enjoyment and meaning to each visit.

And, looking forward, this journal helps you prepare for the future as it enables you to have important conversations before you find yourself in the twilight years of your life.

Getting Started

Throughout this journal, we advise you to only provide the information, or answer the questions you are comfortable answering. Do not worry about spelling or punctuation; simply do your best to write down what you wish to share.

The SMARTfootprints™ Journal – Vital Statistics

My Name:

Birth date:

Birthplace:

Grandparents' Names:

Parents' Names:

Siblings' Names:

Spouse's Name:

Number of Children:

Their Names:

Number of Grandchildren:

Their Names:

current date:

My Ideal Legacy

To describe your ideal legacy, answer the following question:

If you were able to achieve your ideal legacy, how would the people around you describe who you were and what you had done?

Spouse:

Children:

Friends:

Other family members:

Business partners/colleagues:

The people in your community:

current date:

My Quality of Life

To help others provide the best care possible in the future, describe what you want them to know about you and your needs.

My ideal day would include these activities:

My preferred living arrangements in the future would be:

My favorite food is:

My least favorite food is:

My favorite type of music is:

My favorite pastimes are:

My hobbies include:

My favorite type of reading includes:

I like watching TV and movies. Yes / No

My favorite types of programs and movies are:

current date:

Questions for a Lifetime

The following pages present a series of questions designed to help you record and share the details of your life and paint a picture of what it was like. Again, do not worry about answering all of them, and, when appropriate, try to capture the stories about your life these questions bring to mind.

Where did you grow up and what was it like?

What activities did you and your parents do together during your childhood?

What do you remember most about your siblings during your childhood?

What do you remember most about your friends during your childhood?

What is one of your earliest childhood memories?

Story:

current date: _____

Questions for a Lifetime (continued)

What event in your life taught you a lesson you remember and have used ever since?

What was that lesson?

Who had the most influence on you during your childhood?

Why?

Who do you admire most now?

Why?

What personal achievement are you most proud of?

Why?

Story:

current date:

Questions for a Lifetime (continued)

What was the greatest challenge you ever faced?

How did you meet this challenge?

What was your luckiest moment?

Who was your greatest friend?

What is your fondest memory of that friendship?

Who was the most talented person you ever met?

Story:

current date:

Questions for a Lifetime (continued)

What is your all-time favorite song?

What was the most interesting place you ever visited?

Of all the major historical events during your lifetime, which do you think was the most significant?

If you had one “do over” what would you do differently in your life?

Story:

current date:

Your SMARTfootprints™ for Tomorrow

What is the most important piece of advice you can give to future generations?

What do you want your family to know about you?

What do you want your grandchildren, their children, and their grandchildren to know about you?

Story:

current date:

SMART *footprints*™

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A message from the creator of

SMARTfootprints™

I hope this journal helps you and your loved ones find deeper meaning and purpose in life and in your most important relationships. I encourage you to review this journal regularly and update it often. If you need additional copies of this journal, they are available for download on my web site, www.smartcapitalmanagement.com, or e-mail me a request at ssimmons@statetel.com.



Steve Simmons

If you, or someone you care for needs help with this journal please contact me at 518.731.7900.



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