

“I WON THE CHILD LOTTERY”

A Purposeful Visioning Exercise

There are only two lasting bequests we can hope to give our children. One is roots; the other, wings.”— W. Hodding Carter

The purpose of this exercise is to capture positive emotions and memorable experiences regarding your child(ren). Experiencing positive emotions as you envision a legacy or design an estate plan has several benefits. First, when you reflect on your love for your child, and the hopes and dreams you have for their future, it enhances your cognitive abilities and vision. Second, capturing these heartfelt expressions and positive reflections is a gift which your child(ren) will deeply appreciate. It’s much more than money. It’s priceless.

KEY POINTS

- The “I Won the Child Lottery” Visioning Exercise is designed to trigger precious memories you have of the joy and pride you have felt as your child has grown up.
- If you have more than one child, please use separate pages to record your reflections and feelings for each child. You can then assemble each child’s I Won the Child Lottery separately
- You can choose to type or write out your answers to the questions.
- You will also have the option of preserving your reflections as a digital recording.
- You can have someone interview you, asking each of the questions you want to reflect on. Or you can do this exercise solo. Having someone interview you usually leads to better results.
- A famous 19th Century scientist noted our voice is the most powerful transmitter of emotions. Recording preserves the exclamation points of emotion and is a truly priceless gift. You can record your expressions whether you are choosing to be interviewed or doing this solo.



- If you record your Purposeful Conversation it will be a great joy for your child to watch or listen to it. That joy won't stop at your death. In fact it is likely it will be listened to by not only your child, but also grandchildren and great-grandchildren.
- If you record your reflections be sure you preserve that recording. You may want to burn it to a DVD in addition to creating an electronic file you can easily store. You might consider giving the DVD to your child for their birthday or as a Christmas gift.



STEP ONE OF THE “I WON THE CHILD LOTTERY” VISIONING EXERCISE:

- Please read the questions on the following pages placing a next to each question you would like to reflect on and answer. If have no interest in a question, draw a line through it. Now go back to each and place a number between 1 and 5 inside the circle with 1 being absolutely important and of great interest to me and 5 being “I’ll tackle this if we have time but it’s not essential”. Start with your ranked questions. If, you have more than one #1 then just take the questions in the order they appear or compose an order you feel you’d like to use.
- With each question take a few moments to reflect on what experiences, memories, and emotions surface as you contemplate that question. Jot down a few words or notes on a separate sheet or note pad to remind you of each of these experiences, memories and emotions. Don’t try to create a detailed outline. The purpose of this preparation is to create placemarkers to remind you of the emotions and reflections which flowed as you considered this question.
- Now you are ready to start writing or dictating your reflections to each question. Don’t be in a rush. That defeats the purpose.

“Biology makes us mothers and fathers. But it’s how we express our love and encourage our children along their way which makes us Moms and Dads”—John A. Warnick



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- What special moments of joy has your child brought into your life?
- If someone asked you why you feel like you won the Child Lottery, how would you answer?
- What are the talents or strengths which makes your child so exceptional?
- If you were given “cosmic permission” to assimilate one of those gifts or special skills into your own life, which would it be and why?
- When you witnessed your child achieve a milestone in their life path, or overcome a difficult challenge, what did you feel and what hope or wonder did that leave you with in terms of what amazing things you felt he/she might accomplish later in life?
- Did you ever marvel at the resolve, the persistence or creativity of your child and knew this serve them well in life?
- Describe a time when you were amazed at your child’s generosity or compassion?
- What is the kindest or most thoughtful gift or deed your child ever made or did for you?
- Do you have a favorite memory of a trip or vacation with your child?
- What are some of the fondest memories you have about your child’s childhood? Their teenage years? Early adulthood?
- Could you describe one of the great accomplishments or feats in your child’s life and how you felt about it?
- Pretend for a moment a genie promised you that if you left a message to your child in a bottle it would someday wash up on a beach in front of your child at a difficult time in their life. If you could put 50 words or less in that bottle describing the love you feel for your child and in another 50 words provide your child with much needed encouragement—what would you say?
- Can you think of a special effort or sacrifice you made for your child, which he/she probably isn’t fully aware of? If so, could you describe those special circumstances and what were the positive emotions which fueled that decision or action?
- *Is there anything else you would like to say to express your love or your hopes and dreams for how what you pass on to your child will positively impact their life?*

