

I will help you navigate your
Legacy Journey



Your Legacy Navigator®
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Certified by Celebrations of Life
LegacyNAVIGATOR
An Independent Legacy Facilitator
Ethical Wills/Legacy Letters & Life Reflection Stories

Ms. Cymberknopf is a Legacy Navigator®, coach and outreach facilitator, certified by Celebrations of Life, whose mission is to help individuals/families live with intention and share their values, wisdom and generosity with loved-ones and future generations.

Beatriz skillfully unites her life-long work and research in the field of health promotion with the study of consciousness expansion and applied spirituality. Her career has included strategic positions serving as program's director, educator, trainer and consultant in the non-profit and profit arena and with governmental healthcare research organizations addressing quality of life issues by developing health promotion and disease prevention programs for over 20 years. Ms. Cymberknopf earned a Bachelor's of Arts from Yeshiva University, a Masters of Arts and a second Masters in Public Administration, specializing in Healthcare Policy and Management from New York University.

Her professional training and superior interview and writing skills have prepared her well to serve and guide clients through the process of producing their own Ethical Will and/or Life Reflection Story book that can be the gift of a lifetime for both the giver and recipient.

Please contact Beatriz for your legacy writing services including:

- Ethical Will or Life Reflection Story writing presentations
- Individual or group writing workshops
- Legacy preservation support

A Legacy Journey®

Two Pathways to help share your
Values ♦ Wisdom
with loved ones and future generations.



Live your life as you wish to be remembered.™

The significance of our values and wisdom is fully realized when shared with our loved ones and future generations.

Ethical Will/Legacy Letter – Expressions of Your Values and Love

A heartfelt letter to summarize and share your:

- Values
- Faith/Beliefs
- Life Lessons
- Hopes for the future
- Gratitude
- Love
- Forgiveness

How do you want to be remembered? An Ethical Will – also referred to as a Legacy Letter – is a heartfelt expression of what truly matters most in your life. This Legacy Journey® pathway helps you frame your thoughts and ideas for writing your values legacy. Engaging exercises will help you create a draft of your Ethical Will/Legacy Letter by the end of the program. This may be one of the most cherished and meaningful gifts you give yourself, your family and your community.

We all want to be remembered and everyone leaves something behind.

Life Reflection Stories – Sharing Experiences of Life and Wisdom

A continuum of short stories to share the life lessons and wisdom gained from your experiences so far.

- Connects your family history and culture to the present.
- Includes stories of celebrations and struggles.
- Provides real life examples to understand life's complexities.
- Shares your gratitude, love and wishes
- Transfers wisdom, knowledge, compassion and inspiration.
- A gift and blessing when shared with your loved ones.

How do you get to the heart of what really matters? This pathway helps you live intentionally by defining your life purpose and direction. Your loved ones will benefit from your insights and wisdom, a connection to their past, a better understanding of who they are, and real life examples to guide them along their life journeys. We'll help you uncover the meaningful nuggets to share in your Life Reflection Stories. Everyone who has lived their life has a story to share with current and future generations.

Sharing the stories of our unique experiences, life lessons and nuggets of wisdom provides a touchstone for our loved ones and future generations.