



Legacy Planning

Session Speakers



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Session Objectives

1. Offer tools, resources, and guidance to help patients, caregivers, and clinicians talk openly and respectfully about difficult and sensitive end-of-life topics.
2. Share strategies and practical approaches for establishing a legacy plan.

Please Send in Your Questions!

This QR code will be live throughout the session



Download the Slides Here
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Legacy Work:

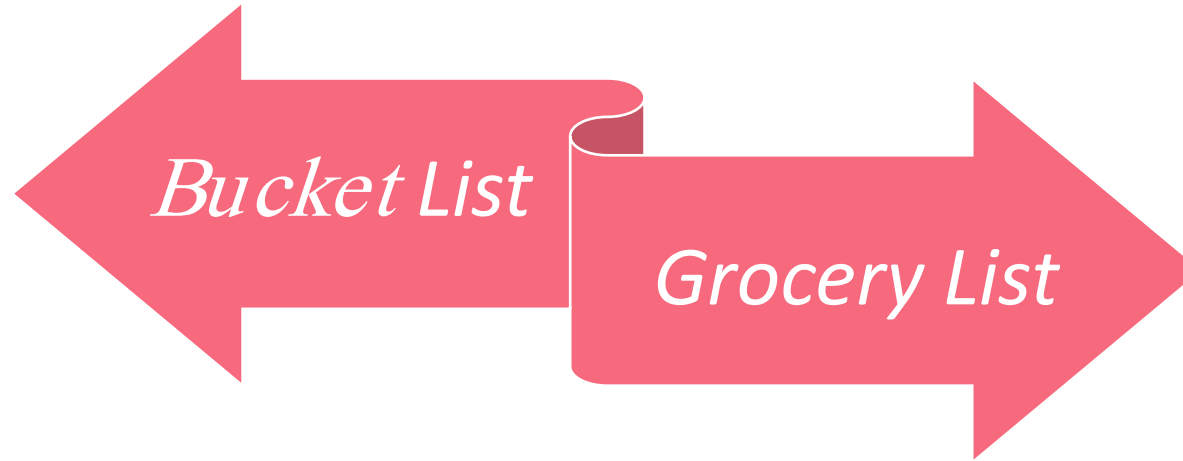
Meaning, Identity, and Connection

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August 15, 2026

Living Between the Bucket List and the Grocery List

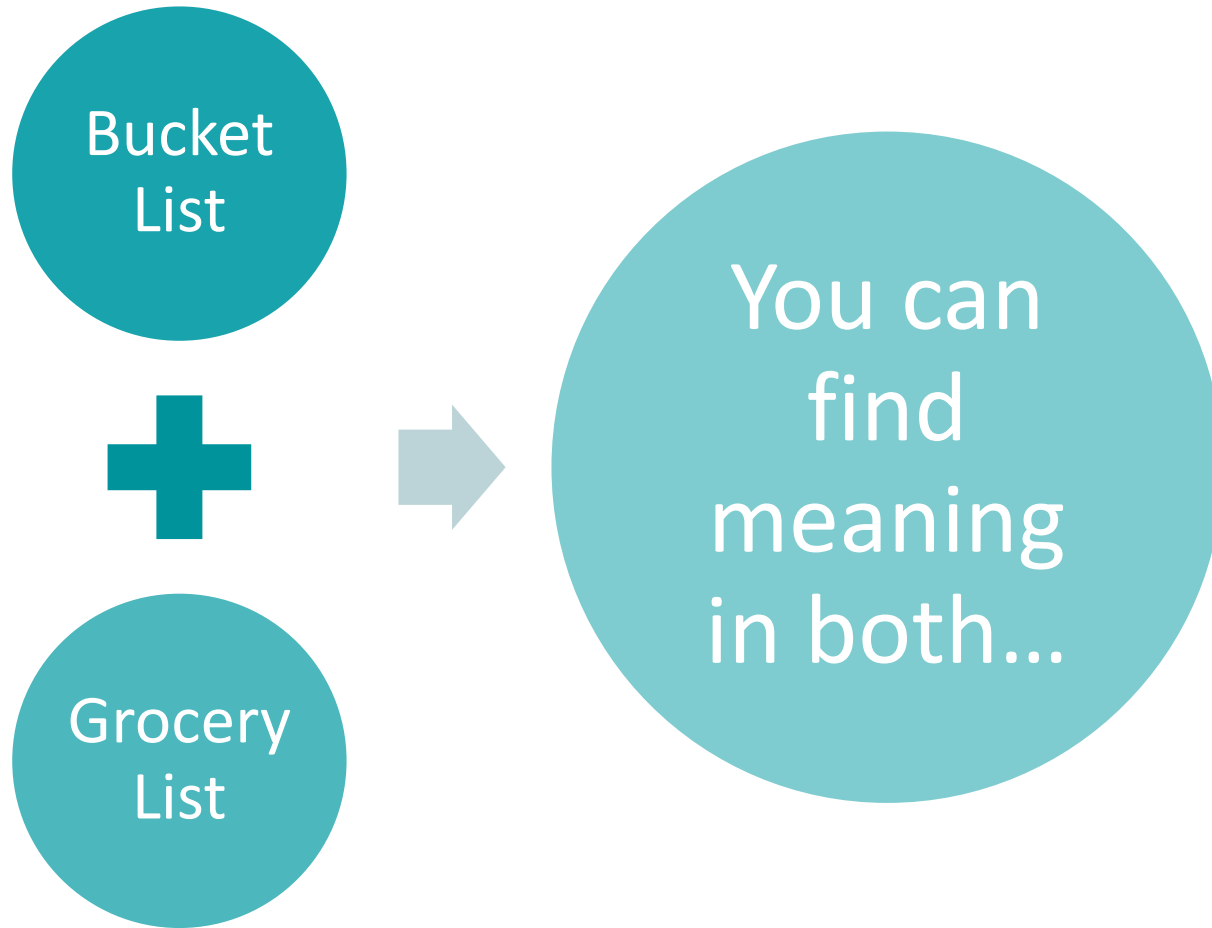


A cancer diagnosis can heighten urgency and raise questions about meaning, prognosis, and the future.

At the same time, everyday responsibilities, including family, work, errands, and appointments, often continue.



Finding the Middle Ground



- Notice that meaningful and ordinary moments are not opposites.
- Make space to reflect on the people, experiences, and questions that matter.
- Carry lifelong values forward while making room for new priorities.



Three Questions That Guide Legacy Work

A question to consider	What this explores	Things you can do
<i>What matters most to me?</i>	Meaning	Name what matters most. Set priorities. Focus on what gives your life meaning.
<i>What has made me who I am?</i>	Identity	Tell your story. Reflect on important people, roles, and experiences.
<i>What do I want to share or pass on?</i>	Connection	Have an important conversation. Write or record a message. Create or give something meaningful.



Values Clarification Exercise

What matters most to me?

Everyday Activity	Value It May Express
Grocery Shopping	• Nourishment and family well-being
Paying Bills	• Security and responsibility
Working on a project	• Purpose and accomplishment
Spending time with a friend	• Connection and belonging
Relaxing on the couch	• Rest and restoration
Attending a doctor's appointment	• Health and well-being



Dignity Therapy: A Guided Life Review

What has made me who I am?

GOAL

- Reflect on important roles, relationships, and experiences
- Recognize what has shaped who you are

PROCESS

- Guided conversation with a trained clinician
- The interview is edited into a document you can keep or share



EXAMPLE QUESTIONS

- *What parts of your life do you remember most or feel most proud of?*
- *What roles have been most important to you?*
- *What would you want to say to the people you care about?*



Legacy Projects

What do I want to share or pass on?

WRITE

A letter, note, or words of advice

RECORD

A story, memory, or message

CREATE

A photo book, playlist, artwork, or memory box

SHARE

An heirloom, recipe, or family tradition

There is no “right” legacy project—the goal is connection.



Living With Meaning and Connection

Live according to what matters now.

Honor the story of who you are.

Share what you want others to carry forward.

Legacy work can help people live more intentionally, affirm who they are, and strengthen their relationships.



Thank you!

Joseph Greer, PhD

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