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Letter to descendants

Dear descendants, as you go through life, remember to stay true to yourself. Your character, personality, and self-awareness will be shaped by experiences and challenges you will face in life. Do not be afraid to take the good with the bad. Use each experience as a learning opportunity or a chance to become better than you were before. From the very beginning, you will experience stages that will impact your journey such as trust and mistrust. Here you will begin to build secure attachments

with adults or peers within your life. Next you will go through a period of developing independence in the autonomy vs shame stage of your development. Allow yourself time to explore, make mistakes, and construct your own knowledge. As you begin your school age years, you will face a stage called initiative vs guilt. You will take charge of your learning, explore your interests, and learn from your failures. As you grow through these stages you will experience industry vs inferiority, which helps you develop competence and skills in social settings, important for being an active and social member of society. We are all social beings, and these early experiences provide us with skills we need to thrive as we grow, learn, and interact with different individuals most often in different contexts. In Adolescence, you will experience identity vs role confusion. You will explore different roles and identities to find your path and become the person you are meant to be. Later in young adulthood, you will build meaningful romantic relationships with individuals you feel connected to. This is referred to as the intimacy vs isolation stage. In generativity vs stagnation stage, you will contribute to society and future generations. Whether that is by achieving and sharing your accomplishments, being an advocate, or creating a legacy that will carry on through generations in your family. Finally, as you approach the Ego integrity vs despair stage in your life, you will reflect on past experiences with the hope that you were able to make a positive impact or difference in the lives of those that you were able to. You will wonder if you lived up to your fullest potential and whether you were able to pass any lessons down to those you love. And if you can say yes to those questions, in the end you did the best that you can do and know I am truly proud of you.

