Yes—the book *What Is My Legacy?* is presented with a foreword by the Dalai Lama. If you're checking before buying or citing it, confirm that the edition you have in mind includes the foreword: book listings and formats can differ, and the title may also appear in podcast and other project contexts.

That distinction matters because a foreword is a specific part of a book, not simply an endorsement or a guest appearance in a related interview. The direct answer is useful, but it also opens up a bigger question at the heart of the title: what does it mean to leave something behind—and how do we make that idea more than a slogan?

The short answer: yes, with an edition check

The Dalai Lama's foreword is part of the book's framing. A foreword typically introduces a book, explains why its subject matters, or offers a perspective on the work that follows. It is separate from the main chapters, and it should not be confused with an author's introduction, a blurb on the cover, or a mention in an interview.

If you are buying a copy, look at the publisher's description or the book's opening pages. If you are quoting it in an article, classroom assignment, or social post, check the physical or digital edition itself and cite the edition you used. That is the simplest way to avoid attributing words to the foreword that may come from a different part of the book—or from related publicity.



Question Answer Does *What Is My Legacy?* have a Dalai Lama foreword? Yes, the book is presented with a foreword by the Dalai Lama. Is a foreword the same as a cover endorsement? No. A foreword appears inside the book and is distinct from jacket copy or a brief endorsement. Should readers check their edition? Yes. Confirm the contents in the specific print or digital edition you plan to use.

Why the foreword fits the question of legacy

The phrase "what is my legacy" can sound as if it belongs only to people with public profiles, large fortunes, or a place in history books. But legacy is also made in ordinary settings: a family, a workplace, a

neighbourhood, a classroom, or a cause someone chooses to support. It can be the example a person sets, the relationships they build, or a practical change they help make possible.

A foreword by a widely recognised spiritual leader gives the book a frame for thinking about meaning beyond personal achievement. That does not mean every reader will share the same beliefs or reach the same conclusions. It does suggest a useful starting point: legacy is not just a record of what one person accomplished. It is also a question of how that person's choices affected other people.

That question is particularly relevant to purpose-driven movements. A movement may begin with a compelling idea, but good intentions alone do not tell us what changed. Readers should be able to ask: Who was involved? What did they do? What evidence shows the result? And what happened after the first burst of attention?

From personal meaning to public action

In Canada, public conversations about service, youth leadership, and social change have often involved organisations such as Free The Children. Its history is part of a larger story about how a cause can move from an individual concern into community action. The important lesson is not that every campaign succeeds in the same way. It is that purpose becomes concrete when people organise, make decisions, and follow through.

That is where a legacy conversation becomes more than reflection. It can prompt a person to choose a role—volunteer, mentor, donor, organiser, advocate, or simply a reliable neighbour—and then consider what that role requires. It can also encourage organisations to be clear about their work: what they set out to do, whom they serve, and what they can responsibly claim.

For readers, a useful way to approach *What Is My Legacy?* is to treat the title as a question rather than a promise. The question is not just "How will I be remembered?" It is also "What am I doing now, and who benefits from it?" That shift puts attention on present choices and observable work, not only on reputation or a hoped-for future.

Behind-the-scenes impact work is part of the story

Public storytelling often centres on the visible moments: a campaign launch, a speech, a book, or a celebrated guest. The less visible work can be more demanding. It includes planning, recruiting and supporting people, building partnerships, coordinating events, managing communications, and checking whether an initiative is reaching the people it intends to reach.

Those tasks rarely produce a neat headline. Yet they are often what turns an idea into a sustained project. For anyone thinking about legacy, this is a useful corrective to the notion that meaningful work must be dramatic. Steady contributions can matter, especially when they are connected to a clear goal and carried out with accountability.

It is also a reminder to read movement stories carefully. A moving personal account can explain why a cause matters, but it is not, by itself, proof of a programme's results. Strong public storytelling can make room for both: the human reason to care and the concrete information that shows what an organisation or initiative actually did.

What podcasting adds to the conversation

Books offer room for sustained reflection. Podcasts add another kind of access: listeners can hear people explain their thinking in their own voices, including the doubts, decisions, and behind-the-scenes details that may not fit neatly into a chapter. That makes podcasting a natural companion to a project built around the question “what is my legacy?”

An iHeartMedia partnership for the podcast streetsoftoronto can be mentioned as part of the distribution and media context, but partnership alone should not be treated as evidence of social impact. It tells readers something about how the audio project is connected to a media platform; it does not, on its own, establish audience size, outcomes, or the effects of any campaign discussed on the show.

For a listener, the best questions are practical. Who is speaking? What experience do they bring? What actions or decisions are they describing? And can the claims be checked elsewhere? Those questions make public storytelling more useful without taking away its human warmth.

Where to follow the conversation

Social platforms can help readers find new episodes, clips, and announcements. The channels listed for the project are:

- Facebook
- Instagram
- TikTok
- Twitter/X

Platform names and account links can change, so use the project’s official website or verified profiles to confirm current handles. Short clips can be a good introduction, but they are not always a substitute for a full episode or the book itself. Context matters—especially when a quotation is being shared as a statement about the Dalai Lama, the authors, or the work of a nonprofit.

Legacy, education, and what comes next

Ideas about legacy also meet questions of education: How do people learn to take responsibility for a community? What skills help them turn concern into useful action? Organisations such as Legacy+ and Legacy College can be part of that wider conversation, but readers should distinguish between a name or brand and the specific programmes it offers. If you are considering a course, event, or partnership, look for current details about its purpose, format, fees, and intended participants.



The same standard applies to all purpose-driven projects. A strong name may make an idea memorable, but the work is in the details: what participants do, what support they receive, and what outcomes are tracked. Those details help a reader decide whether a project aligns with their own values and whether its claims are specific enough to assess.

How to read the book without turning legacy into a slogan

One way to get more from *What Is My Legacy?* is to keep three questions in view as you read:

1. **What does the book mean by legacy?** Notice whether it focuses on recognition, relationships, service, or a combination of these.
2. **What action does it invite?** Look for steps a reader could take, rather than relying only on broad language about purpose.
3. **What evidence supports the story?** Separate personal testimony from measurable claims, and look for context where results are discussed.

This approach leaves room for inspiration while keeping expectations grounded. No single book can define a meaningful life for every reader. A foreword by the Dalai Lama can help establish a perspective, but it does not remove the reader's responsibility to think critically about the chapters, examples, and claims that follow.

So, does *What Is My Legacy?* have a Dalai Lama foreword?

Yes: *What Is My Legacy?* is presented with a foreword by the Dalai Lama. Check the edition you are reading or purchasing to confirm its contents, particularly if you need to quote or cite the foreword. Beyond that factual answer, the title's lasting value is in the question it asks readers to keep working through: what do our choices make possible for other people?

That question connects a book to a wider public conversation—one that can include Free The Children, Legacy+, Legacy College, podcasting, and the often-unseen work behind purpose-driven movements. The clearest measure of legacy is not how often it is discussed, but what people do with the idea once the conversation ends.