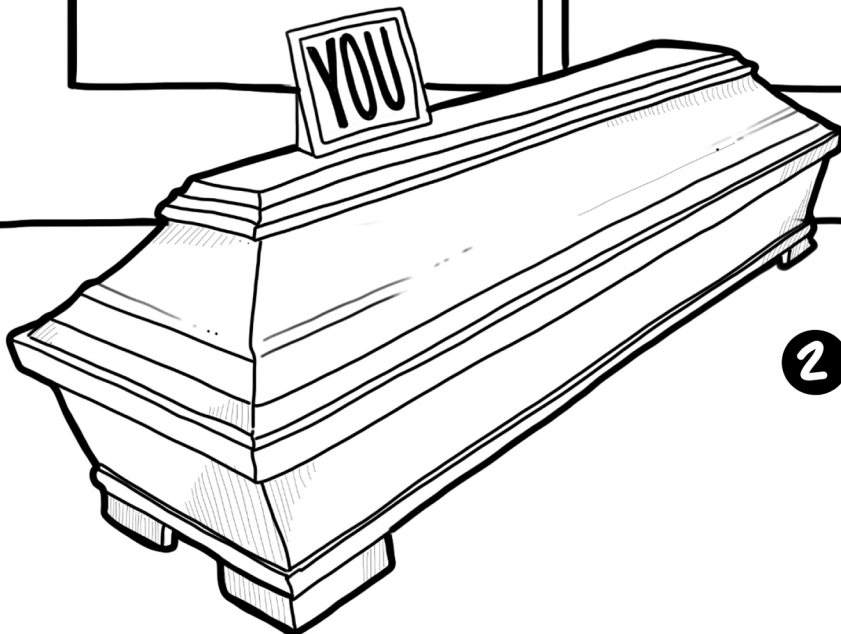


THE EULOGY EXERCISE

BEGIN WITH THE ULTIMATE END IN MIND

IMAGINE WALKING INTO A FUNERAL CELEBRATING YOU AND YOUR FULLY AND HUMBLY EXPRESSING YOURSELF IN YOUR LIFE. STEP (AND FEEL) INTO THAT FUTURE REALITY.

1 WHAT DO PEOPLE IN ATTENDANCE SAY ABOUT YOU? WHAT QUALITIES DID THEY MOST ADMIRE AND APPRECIATE IN YOU?



2 WHICH OF THOSE QUALITIES ARE MOST IMPORTANT TO YOU? THOSE ARE YOUR EULOGY VIRTUES. AND NOW IS THE TIME TO LIVE THEM. TAKE 10-15 SECONDS FOR EACH ONE AND FEEL WHAT IT'S LIKE TO EMBODY THAT VIRTUE OR QUALITY. REPEAT.