

## WORKSHEET

# EULOGY EXERCISE

*“At the end of our life our questions are simple: Did I live fully? Did I love well?”*

— Jack Kornfield

The eulogy exercise is a unique and well-tested activity that invites you to explore your life from a perspective that may seem unconventional and even morbid at first. More specifically, it asks you to imagine that you've passed away peacefully at old age and are now able to witness your own funeral, including the eulogy delivered by a mentor or loved one. The main goal of the exercise is to gain deeper insights into the person you aspire to become, motivating you to set meaningful goals for a more intentional and purposeful life.

*If that sounds a bit too intense for you, you can also try the following variation of this exercise: Instead of imagining and writing your own eulogy, simply imagine your 80th birthday and write a birthday speech from the perspective of a close friend or family member.*

### **Step 1: Imagine your ideal eulogy**

Begin by finding a quiet and comfortable space and take a few deep breaths to center yourself. Now, close your eyes if that feels comfortable and imagine your own memorial service or funeral. Picture your loved ones, friends, and colleagues gathered to remember you. Visualize someone you deeply respect and trust, such as a close friend or mentor, delivering your eulogy. In this eulogy, imagine them highlighting your accomplishments, values, and the impact you've had on others. What positive qualities, achievements, and contributions do you hope they would emphasize? What kind of legacy would you like to leave behind?

### **Step 2: Write your eulogy**

Now that you've started to imagine what kind of eulogy would warm your heart, it's time to open a notebook or a document on your computer, and start writing your eulogy as if you were that trusted person delivering it. Be heartfelt and generous in your words. Describe the positive traits you possess, the values you've upheld, your life's achievements, and the impact you've had on others. This should be an uplifting and inspiring reflection of your entire life.

## **Step 4: Reflect on your eulogy**

After completing your eulogy, take a moment to read it aloud to yourself. Allow the words to sink in. Reflect on how it makes you feel and whether it aligns with your current priorities, values, and sense of purpose.

- Does it capture the essence of the life you want to lead?
- Which values, priorities, or aspirations stand out?
- Are there certain themes or qualities that appear repeatedly?
- In how far does your eulogy align with your current life direction?
- Are there areas in your current life where you'd like to make changes?

## **Step 5: Set meaningful goals**

Based on the answers to the previous questions, set specific, meaningful goals that will help you live a more intentional and purposeful life. They can encompass various aspects of your life, such as personal development, relationships, career, health, and contributions to your community or society.

## **Step 6: Take the first step**

I would suggest taking a first tiny step immediately after formulating your goals, no matter how tiny it might be. For example, if this exercise made you realize that you'd like to develop stronger relationships with your friends or family, simply reach out to a loved one by sending a text or calling them. Similarly, if it became clear to you that philanthropic contributions will form a vital part of your life, pick a charity and donate today. As James Clear wisely said: "Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your identity."