

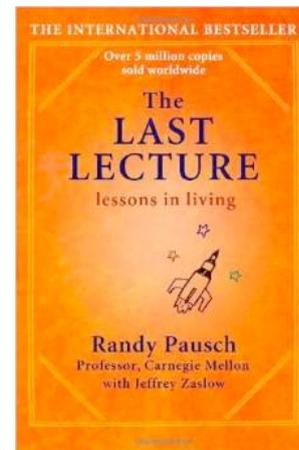
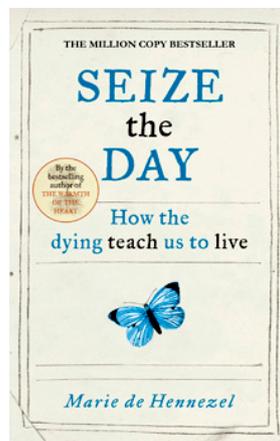
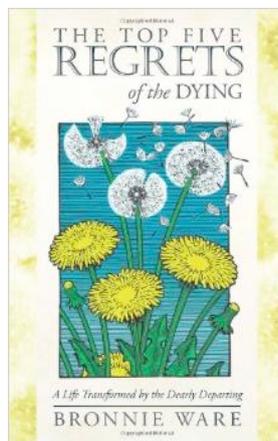
# YOUR OWN FUNERAL

Facing your own mortality – the end of your life – is a stark reminder as to WHY you want to set goals and what really matters to you.

## 3 Exercises in your Journal

1. Six months to live ... what would you prioritize?
2. Your death bed ... what regrets do you NOT want to have?
3. Your own funeral - What do others say about you?

**3 BOOKS** I recommend (+ You Tube videos of Randy Pausch)



## Exercise 1: SIX MONTHS TO LIVE...

If the doctor told you that you had six months to live...

- What would you do differently with your time?
- Who would you make time to see?
- Who do you have unfinished business with and need to forgive?
- What project/s would you absolutely decide to complete and why?

## Exercise 2: YOUR DEATH BED

What regrets do you NOT want to have?

**This was the most common regret of all:**

***I wish I'd had the courage to live a life true to myself, not the life others expected of me***

When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled.



Most people had not honoured even a half of their dreams and had to die knowing that it was due to choices they had made, or not made.

Health brings a freedom very few realize, until they no longer have it.

1. I wish I hadn't worked so hard.
2. I wish I'd had the courage to express my feelings.
3. I wish I had stayed in touch with my friends.
4. I wish that I had let myself be happier.

### **Exercise 3: YOUR FUNERAL**

Steven Covey writes about the importance of developing a personal **mission statement** in his book "*The Seven Habits of Highly Effective People*".

He says "begin with the end in mind"

What better place is the end than your FUNERAL?

### **EXERCISE IN YOUR JOURNAL**

In your Journal begin to write about how it would be to imagine you are at your own funeral.

Four speakers come forward from different areas of your life:

- One is from your family
- The second is a friend
- The third from your work or profession
- The fourth from a church or community organization where you gave service.

#### **Your Legacy**

- What would you like each speaker to be saying about you and your life?
- What characteristics would you like them to commend?
- What achievements and contributions to remember you?

***It's not about how you achieve your dreams but about how you lead your life.***

Randy Pausch – The Last Lecture

By the end of these exercises, hopefully you feel uplifted rather than depressed.

After all, you have choices – so many wonderful options - how to spend this coming year.



I expect you are much clearer about what matters to you and how to give this a high priority in your goals.

Let's end with this profound quote from poet Mary Oliver – and please share your insights with this exercise in the Facebook Group

**“Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
With your one wild and precious life?”  
— Mary Oliver**

**Tomorrow – Day 7 – we review this past GET INSPIRED week and look forward to GET CLEAR in the coming week's exercises.**