

## Instructions to write your eulogy:

Take some time in a quiet place to reflect on what you have learned thus far.

Imagine you have reached your final resting place. All your friends and family have gathered to honor your life.

Who do you want to read your eulogy?

What do you want that person to say about you?

How do you want to be remembered?

Allow yourself a minimum of 1 hour for this exercise. Allow yourself to be free to express what you feel in your heart. Don't be concerned about spelling and grammar. This exercise represents who you really desire to BE.

Congratulations!