

## The Obituary Exercise

In the space below, write your obituary – what you would want written about you when you have died (many, many years from now).

Write whatever comes to mind, even if it feels like stream-of-consciousness. Use words, phrases, sentences. Don't over-think this exercise. Do not edit, censor, analyze or critique your thoughts.

Take 10-15 minutes to complete this exercise. You can revisit this exercise again in the future, so do not try to perfect your answers now.

### Questions you can use to guide you through this exercise:

- What and/or who did you impact or change? Why?
- What character traits and values did you consistently demonstrate over your life? At your core, who were you?
- Who did you care for? How did you impact or change this person/these people?
- What were major accomplishments in your life? At the ages of 40, 50, 60, 70?
- What did you show interest in? What were you passionate or enthusiastic about?
- What was your legacy?
- Say what your life has meant to you.
- How would you like your loved ones to honor your memory?
- How did you experience God or love in your lifetime?