

# 3 Life Changing Questions / Reflection Exercises

## 1 – The Funeral Exercise

Imagine that you're at a funeral. You look around, and all your friends and family are gathered. Suddenly, you realize it's your own funeral. It's the part of the ceremony when your loved ones make their eulogy to you.

One by one, they get on stage and share what they admired most about you – all the good things you did throughout your life, your best character traits, how you made the world a better place, etc.

Keeping this scenario in mind, ask yourself the following questions: What do you want people to say about you at your funeral? How do you want to be remembered? What and whom did you impact in the world? What character traits did you demonstrate? What values did you portray? Who did you care for? What did you stand for? What were major accomplishments in your life, at the age of 40, 50, 60, 80, 100? What's your legacy?

Write whatever comes to mind, even if it feels too grandiose or not grandiose enough. Don't overthink it. Don't censor, analyze, critique, or edit your thoughts. You can always re-do the exercise in the future, so don't try to be perfect. Take 10-15 minutes to complete this exercise.

## 2 – Your Best Possible Self

Take a moment to imagine your life in the future. What's the best possible life you can imagine? Consider all areas of life, such as health, family, relationships, career, hobbies, and so on.

How would these areas of your life look like in your best possible future?

Write continuously about what you imagine this best possible future to be like. Use the instructions below for some more guidance:

- **Don't pay too much attention to negative thoughts that might come up during the exercise.** It's normal that such thoughts would pop up. It happens sometimes that we compare our current life to this best possible future. Just let those thoughts be there, and keep bringing your mind back to the imagination of a brighter future, in which everything has been going well.
- **Be as specific as possible.** What would your typical day look like? Who would you work with? How would you spend your time? What would your life look like in the different areas of life? How would your love life look like? How would your career look like? What hobbies would you pursue? What would your weekend look like?
- **Be as creative as you like – in the future, anything is possible.** And don't worry about grammar or spelling or being unrealistic. The goal is to get fired up about the future.

### 3 – Your Values

Look at the list of values below, and ask yourself: Which values are most important to you? Pick your top three, and if something comes to mind that is not on the list, write it down as well.

- Authenticity
- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Beauty
- Boldness
- Compassion
- Challenge
- Citizenship
- Community
- Competency
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Faith
- Fame
- Friendships
- Fun
- Growth
- Happiness
- Honesty
- Humor
- Influence
- Inner Harmony
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaningful Work
- Openness
- Optimism
- Peace
- Pleasure
- Poise
- Popularity
- Recognition
- Religion
- Reputation
- Respect
- Responsibility
- Security
- Self-Respect
- Service
- Spirituality
- Stability
- Success
- Status
- Trustworthiness
- Wealth
- Wisdom

Next, pick one of your top three values and write about it for 10-15 minutes. Describe why it's important to you. Describe how you express the value in your daily life. Describe how the value might help you during difficult times.