



BE UNSTOPPABLE

COACHING



Write Your Own Eulogy

Tool and Worksheet





Write Your Own Eulogy

As morbid as this may seem, there is so much power in thinking about how one wants to be remembered after they pass away. The process of thinking and writing your own eulogy will help you clarify what you want to achieve while you are alive, the impact you want to make on the important people in your life and the world. Everyone wants to be remembered for something special, knowing that as a result of their life, a positive difference was made in the lives of others.

You are 85 years old ... Start with describing your successful life.

What will be written on my tomb stone?



How would I like to be remembered? ... Write your eulogy.



Write Your Own Eulogy ... Reflection and Action Goals

As a result of completing this exercise, reflect on the insights you have gained about yourself and how you want to be remembered after you pass away. What clarity do you now have regarding what you want to achieve while you are alive?

Everyone wants to be remembered for something special, knowing that as a result of their life, a positive difference was made in the lives of others. What will you be remembered for?

What action goals are you going set to achieve in your life now? Take into consideration what you have reflected on and write your goals below, including action steps to begin immediately.

GOALS

ACTION STEPS