

## **The Eulogy Exercise**

*Inspired by Stephen Covey's "Begin with the End in Mind" (Habit 2, from The 7 Habits of Highly Effective People)*

### **Purpose of the Exercise**

This exercise is a powerful reflection designed to help you clarify your *core values, priorities, and sense of purpose*. By imagining how you'd like to be remembered, you gain insight into what truly matters, guiding both your career and personal life decisions with meaning and intention.

### **Instructions**

- 1. Create a quiet, reflective space**  
Set aside 20–30 minutes without distractions. You may wish to play calming music, light a candle, or simply sit somewhere peaceful.
- 2. Imagine it's many years in the future...**  
You are attending your own funeral. The room is filled with friends, family, colleagues, and community members.  
People who have known you in different parts of your life are there to celebrate your story.
- 3. Four people will speak about your life:**
  - A **family member** (e.g., partner, parent, child, sibling)
  - A **friend**
  - A **colleague or professional peer**
  - A **member of your community** (volunteering, club, faith group, etc.)
- 4. Write what you'd want each of them to say.**  
Ask yourself:
  - What qualities would I want them to highlight?
  - What kind of person do I hope they describe me as?
  - What achievements or moments would they remember?
  - What difference would I want to have made in their lives?
  - Write freely and honestly, this is for you alone. Don't edit or overthink; let the words flow.
- 5. Reflect on your writing.** Once finished, read through what you've written and notice patterns:
  - What values appear again and again?
  - Are you currently living in alignment with those values?
  - What might need to change for you to become the person you want to be remembered as?
- 6. Turn reflection into action.** Identify 2–3 tangible steps you can take now to bring your daily life and career closer to the legacy you want to leave, whether that's nurturing relationships, pursuing meaningful work, or living with greater balance.

### **Closing Thought**

"If you carefully consider what you want to be said of you at the end of your life, you will find your definition of success."

- *Stephen R. Covey*