

Obituary Exercise

You can re-imagine your life starting now!

An obituary is a notice of a person's death, usually with a short biographical account.

This exercise is about imagining your own obituary in two different ways. After you complete this exercise, be sure to date and keep it so that you can refer back to it as you fulfill your dreams. Remember, you become what you dream, so go for it!

- **Obituary Exercise #1 – If I stay on my current path:** This represents where you are headed in your life today. Pull out a sheet of paper or go to work on your computer and write a simple obituary of yourself, assuming that you continue on your current life path without major change. Imagine that on the day after your death, this is what will be read about you and your life.
- **Obituary Exercise #2 – If I pursue my dreams:** Repeat the exercise, but this time write the obituary as if you did all of the things that you are dreaming of, even if it required you to radically alter your life.