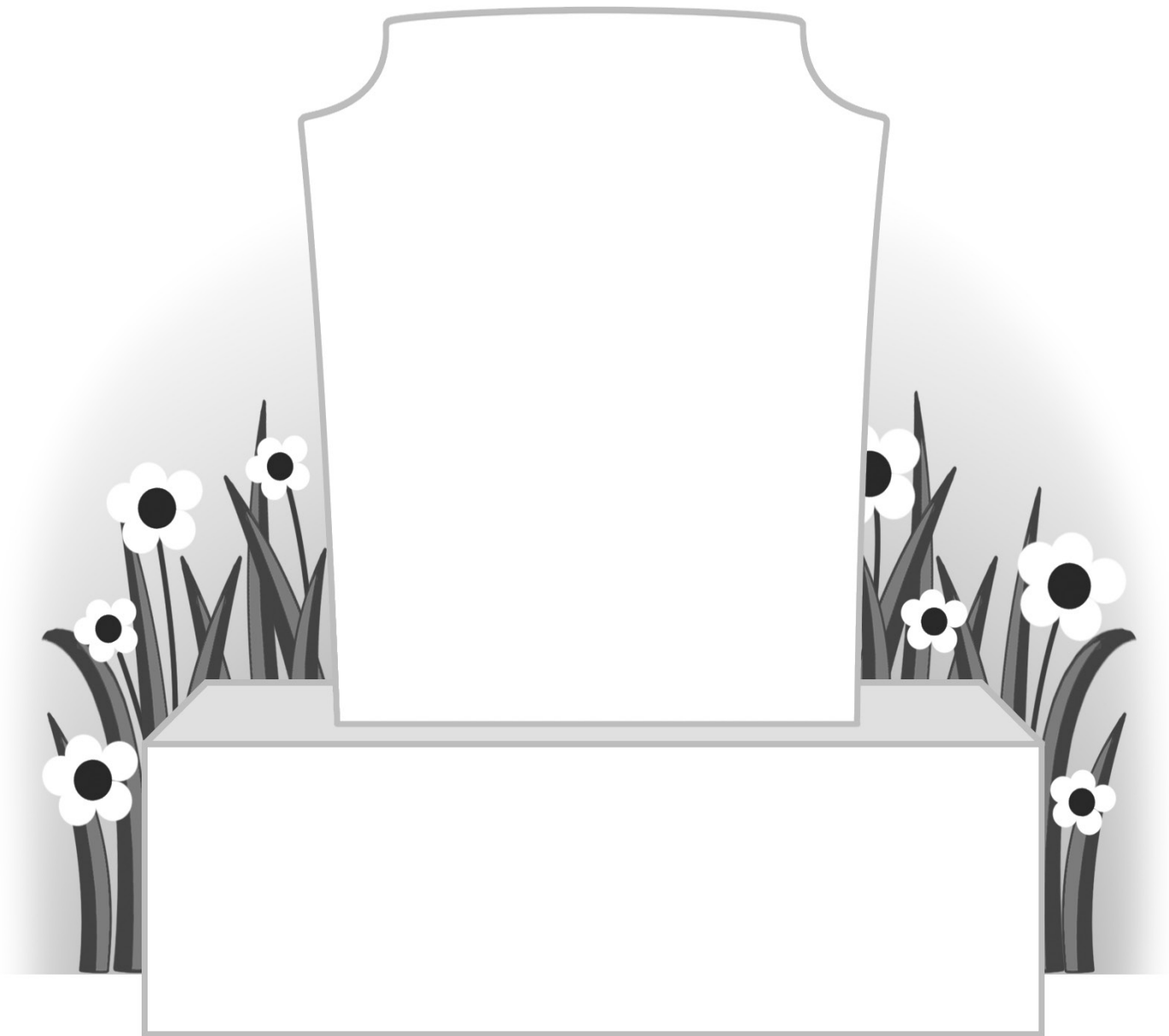


LIFE LEGACY EXPLORATION

In a quiet private space, take a few minutes to sit & focus on your breathing. When you're feeling settled & relaxed, close your eyes & imagine you've taken your last breath; in other words, imagine you've died. Visualize your "Celebration of Life" (memorial) after your death. Note how loved ones, friends, colleagues & even strangers describe the kind of person they experienced you to be during your lifetime. Write all those characteristics inside the "tombstone" graphic below. Next, consider how you'd *want* to be remembered, & add those qualities to the same area.

Reflect on everything you've listed on your tombstone; compare how you believe others perceive you with how you want to be remembered. Are there any surprises? Use these discoveries to begin fine tuning the kind of life legacy you want to leave behind. In the tombstone base below, jot down ideas about what you'll do to more fully create your final gift to the world while there's still time.



If you'd like support as you further explore your life legacy, Deb would be privileged to collaborate with you.

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