

Eulogy Exercise Worksheet

Are you aware of the attitude that you exude? This exercise is a great way to find out. It's a self-assessment, if you will, and one that few people undertake because few people have ever written their own eulogy. This activity is capable of changing your life . . . and *death*. While it's not a pleasant thought, imagine that today you died.

Who would show up at your memorial service and what would they say?

1. What would you *want* them to say? Create a one-sentence and one-paragraph eulogy for yourself. Below that, list the top 10 attributes you want to be remembered for.

One Sentence Eulogy:

One Paragraph Eulogy:

Top 10 Attributes:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

2. Are the characteristics you listed the ones you most commonly display?
If not, what needs to change?