



Do More of What Matters

Deathbed exercise!

Imagine yourself in the future at a ripe old age, perhaps over 100 years old.

Today is your last day and these are your last moments on this earth. Yet you are not sad or scared.

You know the end is near, and you begin reflecting on your life. As you look back on your magnificent, purposeful and fulfilling life you begin to focus on some milestones, moments and events that warm your heart. You think of all of the things that made your life worth living.

You start to get a flood of memories rushing back to you about the things you've done, the places you've been, the people you've met. This moment on your deathbed is one where strangely **ONLY** the good and most profound moments come to you. There is no regret, remorse or negativity of any sort. Just pure love and joy at these memories.

Remember, that this moment is **FAR** in the future, so some of these reflections are 'future memories' still to be made, they are the on your 'to do' list.

You feel compelled to write down the 10 most important reflections from your life. The ones that give you goosebumps or feelings of joy, the ones that immediately make you smile, or laugh out loud, or feel a deep sense of pride.



(It may be difficult to limit it to 10, please write more should you need to)
Please write your most amazing life moments below:

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

Now, decide if you had to choose only 5 of these as your most significant reflections, which ones would they be? This will help you determine what is really important to you.

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

Now, notice what comes up from these top 5. What are the themes? Travel? Family? Contribution? Consider how you will spend more of your time doing the things that matter and less time on things that don't matter.

Go and create the life you love, the life you deserve.
I believe in you!!

Share your reflections in the Facebook group!