



Write Your Own Eulogy

Imagine that you are witnessing the reading of your eulogy, and it's being read by the person who knows you best and loves you most. Your best friend is saying exactly what you'd want someone to say about you. The words in your eulogy reflect the best-case scenario, reflecting that you lived the optimal version of your life. Fill in the blanks, and feel free to add your own sentences.

"I am here to tell you about my very best friend.

S/he was such a _____ person.

When I was with her/him, I felt _____.

We would often _____ together, and we loved to _____.

S/he was very passionate about _____.

Everyone who knew her/him would say s/he _____.

What I really admired about her/him was that s/he _____.

In happy times, s/he was _____.

And when s/he went through hard times, s/he _____.

One of my favorite things about her/him was that s/he _____.

What I will miss most about her/him is _____.

I really hope s/he knew _____."



I Am Statement

Fill in the blanks using the words and concepts from your eulogy. Read this aloud at least once/day, to remind yourself who you are and how you'll show up for yourself and others.

"I am a _____ person.

When people are with me, they feel _____.

I love to _____.

I am very passionate about _____.

I want everyone who knows me to say that I _____.

What I really admired about myself is that _____.

In happy times, I _____.

And when I go through hard times I _____.

One of my favorite things about myself is that I _____.

When I'm not the room, _____ is missing.

One thing I know about myself is that no matter what happens, I _____

_____."