Smart Moves for Resilience

Values Exercise

Be aware: The following exercise involves imagining you're at your own funeral only continue if you are comfortable to do so

Imagine that somehow you are at your own funeral & nobody can see or hear you. You watch as one by one, your family, friends, and loved ones go up to the stage to make their eulogy to you. They talk about all the great memories they have of you, and the wonderful legacy you have left behind.

Now, come back to the present, and think about what you really want people to say about you when you're dead.

- What kinds of things did they say about your character?
- What kind of person were you to them? What contributions did you make in their lives?
- What did you do specifically that improved their lives?

Looking back on it all what do you want your legacy to be for your family, your friends, your work or the world?
What kind of a life do you want to have lived?

Next take an honest look at the way you're living your life right now and ask yourself: does it line up with the vision you have for yourself?
Are you actively seeking to become that person, or are you just going through the motions?

Use the table below to help you jot down your thoughts.

Area of Activity	Character What am I like?	Contributions What do I do for others?	Legacy What is the impact of what I leave behind?
Friends			
Family			
Work			
Community			
World			