

sc counseling *Eulogy Exercise*

*“Tell me, what else should I have done?
Doesn't everything die at last, and too soon?*

*Tell me, what is it you plan to do
with your one wild and precious life?”*

--Mary Oliver

This is an exercise designed to help clarify your **purpose, intentions, and goals** for your **wild and precious life**. Imagine that you've lived a long life and you're reflecting on your experience at the end of your days.

Journal your answers to the prompts on the following pages.

What did I experience?

What mattered to me?

What lit me up inside?

What did others experience when they were with me?

What am I most grateful for?

What am I most proud of?

What challenges or struggles did I move through and overcome?

What legacy am I leaving?