

## **On My Deathbed**

*Things which matter most must never be at the mercy of things which matter least.*  
Johann Wolfgang Goethe

Imagine you are on your deathbed. Someone whom you respect and trust is helping you review your life. Read through all of the questions below. Take a deep breath, and reflect on your answers. Then, write down your answers. As you do this exercise, keep in mind that your answers today are your answers today. They may change over time.

Remember – first thought, best thought.

1. What are the four or five most important things that you did with your life? What are you proudest of? What mattered most? How did you make a difference?

2. You are surrounded by people whom you have loved and shared your life with. Who is there?

3. What would you like each of these people to say about you? How do you want them to remember you?

Example:

She was a wonderful wife, mother and friend. There was an energy about her that was lovely to be around. We felt things were more possible and life was less of a problem when we were with her. Above all, we knew she meant it when she said, "I love you."

4. What one thing can you do today to live your life more consistently with what matters most to you?