



MY EULOGY

PART VIII



Worksheet 8

Every journey of introspection ultimately leads to a single, essential question:

WHAT HAS MY LIFE BEEN ABOUT?

Throughout this book, you have reflected on who you are, what matters most to you, where you are being called, and how you might walk that path with greater clarity, integrity, and determination. You have looked honestly at your relationships, your work, your health, your habits, your crises, and the inner guidance that seeks to lead you forward. Each reflection has offered a glimpse into the meaning of your life; taken together, they reveal the larger story you are living.

This final exercise invites you to step back and view that story from a wider perspective—not from the midst of the journey, but from its completion.

Imagine that your life has now been fully lived. Its struggles and joys, its efforts and disappointments, its trials of love and courage—all have found their fulfillment. At your funeral, three friends stand to speak about you, bearing witness to what your life has meant to them.

What would you wish them to say about you?

Your accomplishments: *the efforts you made, the challenges you faced, and the goals you achieved.*

Your outstanding qualities: *those you brought with you into this life, and the inner strengths you developed through its trials and opportunities.*

Your legacy: *the gifts you have left behind that will continue to inspire those present and those yet to come.*

When you have finished, read over and reflect deeply on what you have written.
Ask yourself how your choices, from this day forward, can bring you closer to the person you are destined to become.

May these insights accompany you on your journey toward Self-realization.