

# Write Your Eulogy and Reverse Engineer Your Life

By Natalie Reimer Anderson

A powerful tool for getting clear on how you want to live is to think of how, at the end of your life, you want to be remembered or eulogized. It may seem like a morbid task to think of our own death but the truth is, nothing brings you to life quite like living like you're dying. I have given two eulogies for loved one's and have had two very close brushes with death myself. To take time to reflect and assess what someone's life stood for and put words to a legacy is a profoundly transformative experience.

When we do this for ourselves while alive, we can begin to reverse engineer our life to meet the vision of how we want to live and the legacy we want to leave. When you live as if you're dying you can choose authenticity really quickly!! Newsflash: We are ALL terminal.

So then, when you think about what matters to you from week one this should be easier to do.

At the end of your life do you want to be remembered for all your accomplishments and the trophies you accumulated or for the values, vision and integrity of character you showed in achieving them?

Do you want people to list the many treasures you acquired or the many treasured moments you brought into their life just by being you?

Do you want people to be fighting over your last Will and Testament or testifying to the will and determination of your spirit?

Do you want to count the tears shed in sorrow at your death or the laughs, memories and tender moments created in you life?

To begin, close your eyes and envision the day of your funeral. You are spirit and are able to observe all that is happening. Who is there? What is their demeanor? What are people saying to one another? Who comes up to eulogize you? Are there many or few speakers? What do they say? Highlight the main points that others will say about you. Write down everything you observed in this meditation.

Now, ask yourself where are you currently living out of alignment with how you want to be remembered. Why?

What could you begin to do to live your legacy today?

Begin to live as if each moment is a gift that you are not guaranteed because it's not!



