



Write your own obituary

And bring what
matters to life...

Exercise: Write Your Own Epitaph

Thinking about death is a good way to understand what matters to us in life.

How to do it

1. Start off with your name and a manner of death you'd be happy with. Try 'died peacefully in her sleep aged 118' or 'whilst wrestling an alligator aged 89'.
2. Reference a list of your main accomplishments.
3. List the people you will be leaving behind, and those who will miss you the most.
4. Mention the people you helped.
5. Identify the main questions that life asked you, and how you responded.
6. Write about the type of person you were – how you will be remembered and what you stood for in life.
7. Write it in a style that reflects the type of person you were – let go! After all, you're already dead!
8. 1 side of A4 is fine.



If it helps, you could consider these further questions...



What kind of obituary would you **hate** to write?



What did you stand for
when things got tough?



Who was the real you, all along?



What decisions did you make about the direction of your life that made you proud?



What did your choices say about what mattered to you?



**How will you be remembered
now you're gone?**



Thanks for reading!

The Career Psychologist is an independent psychology consultancy based in London helping people to transform their careers.



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