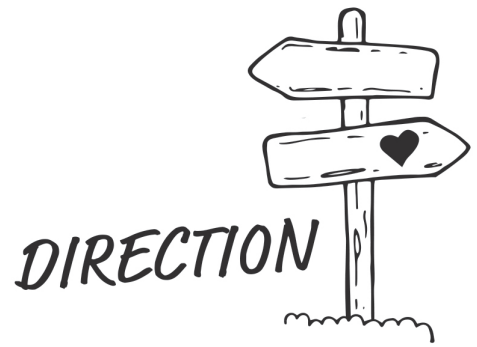


Activity 2.1

My Alternate Future - Current Life



This is the format for your eulogy: the speech that is going to be read out as a tribute to you and your life - your work, your personal qualities and achievements that are most notable. Remember, this is based on your life as you live it now - the people, the things, your behaviours as they are today - not as you would like them to be. This is factual and actual, not idealised.

Start by answering these questions:

Who would be reading your eulogy out? Why them?

**Who would be gathered there listening to this tribute to you?
What would they be thinking/feeling about you?**

Who would be absent? Why?

What would be the first thing that would be said?

Now, with the thoughts, emotions and impact on your senses from the visualisation, write your eulogy. Refer to the '8 Key Life Areas' document to ensure you've included all the main aspects of your life as it is today: