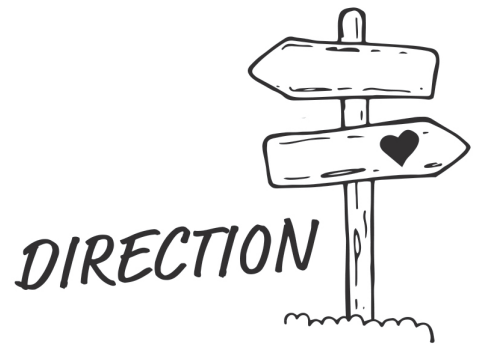


Activity 2.2

My Alternate Future - Ideal Life



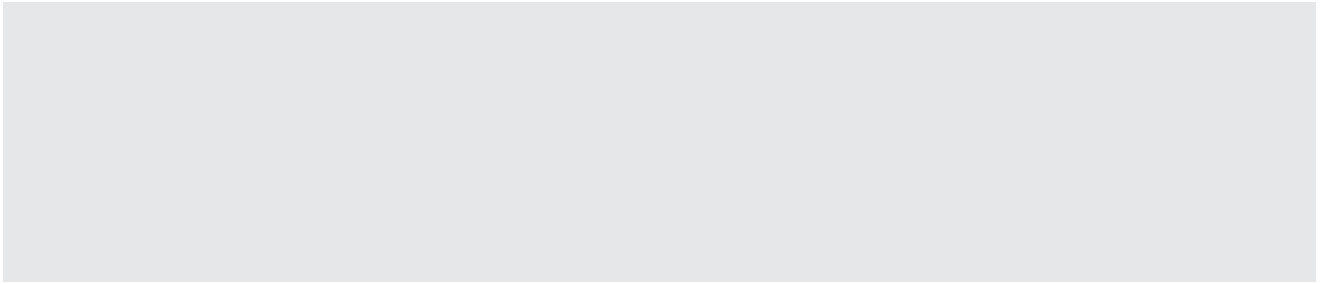
This is your alternative eulogy, the speech based on the life you want to have lived. If you'd lived the rest of your life, from this day forward, with no regret - about the things you'd done, the type of person you'd been, the people you'd surrounded yourself with - what would be said?

Start by answering these questions:

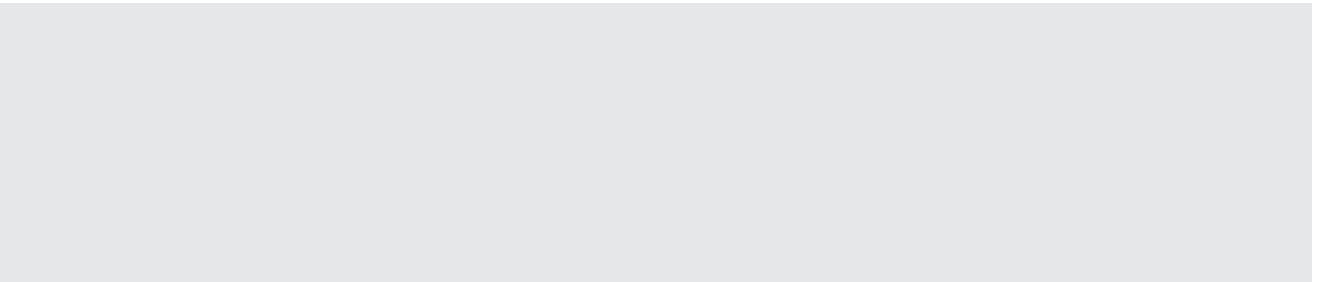
Who would be reading out this tribute? Now that you no longer have to conform to funeral etiquette by having the 'acceptable' person do it, why is it them?

**Who would be there because it mattered that they would celebrate your life?
What would they be thinking/feeling about you?**

Who would be absent because you chose that they would be - you took steps to remove their negative influence from your life?



What would be the first thing that would be said?



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

