What I want my life to stand for

Imagining how you would like to be remembered.

Imagine it is your eightieth birthday. The people who matter most to you have gathered. Some may not have been born yet. Three of them stand up to say a few words about what you have meant to them and the kind of person you have been.

Write what you would most love to hear them say. It does not have to match what they would say as things stand.

Who is speaking	What I would love them to say about me

What do these speeches tell me about what matters most to me?

What qualities do I want to be known for?

How closely does the way I spend my time now match that?

One thing I could do this week that the eighty-year-old me would be glad of

This exercise can stir up sadness or regret. That is a sign of how much these things matter. It is not too late to act on them.

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