

The View From the End of a Wonderful Life

Some things only become clear when we look back at how things turned out after the fact. This exercise helps you do that and then get a clearer perspective on what really matters to you.

1. Find a quiet moment

Find somewhere you won't be interrupted.

2. Set the scene

Imagine you've lived a long, meaningful and happy life. You're sitting in a place that brings you peace — perhaps in a comfortable chair, or somewhere in nature. As you look back over your life, someone you are so comfortable with and happy to share with asks:

"You've lived such a wonderful life. What made it so meaningful?" You smile and reply, "Let me tell you about it..."

3. Tell them everything

Now write what you would tell them. Describe the life you've lived and the things that mattered most to you — your relationships, your family, your health, your personal and spiritual growth, your work, the people you helped, the difference you made, and the kind of person you became. As you write, these sentence starters may help:

- I'm so grateful I made time for...
- The achievements I'm most proud of are...
- The difference I'm happiest I made was...
- The kind of person I'm most proud I became was...
- I'm so grateful for my life, I would have regretted it so much if I hadn't...

Be honest. Don't be modest. This exercise is about discovering what you would truly want your life to stand for. If there's something you know you would deeply regret never doing, becoming or prioritising, make sure it's part of your story. Just describe the life you would love to look back on.

You can come back and rewrite, refine or add to your answer whenever you like. It's your vision, and it's yours to keep shaping.

Please share ElulTime.com — or this exercise from ElulTime.com — with someone who would appreciate it.