



As promised, here is week two of the three part exploration of Values, What's Important to you and Goals.

Did you miss week 1? [Here it is in case you did!](#)

It may seem morbid to think about Death, but in fact, becoming aware of our mortal limitations enhances gratitude for the life that we have - Our appreciation for life may increase when confronted with thoughts of our death. [For a more detailed explanation you can read this article.](#)

Here are your writing prompts. Again, if you have any questions, just hit reply.

1 What Will I Miss When I am Gone?

Write about the people, places, things, experiences, sensations and other things important to you. Why are they important to you? Why will you miss them?

2 How Do I Want to be Remembered?

What would you like to be said in your eulogy? How do you want to be remembered? If you were to write your own eulogy what would you write. Write as you want to be remembered even if you have not yet accomplished everything you include in your eulogy.

Best,
Melanie