THE EULOGY EXERCISE

This exercise accompanies the post on www.unfoldingdestiny.com/you-must-write-your-eulogy

If you have found this document without having visited the website, please read the article beforehand. It will explain everything.

Outline:

1. Physical
2. Mental
3. Spiritual
4. Financial
5. Relational

Physical

1. Physique: What kind of body did you have??
2. Nutrition: What were your nutritional habits?
3. Athletic Ability: What sports or athletic skill did you excel at?
4. Flexibility: How flexible were you? Was flexibility even important?
5. Beauty: What was your style? What kind of looks did you hold? What was your hair color and length?

Mental

1. Books: What are all the books you read? What knowledge did you absorb?
2. Languages: How many languages were you able to speak?
3. Education: What degree did you get?

Spiritual

1. Moral Code: What were your views of right and wrong?
2. Boundaries: What were your boundaries? What did you say yes to? What did you say no to?
3. God: What were your views on God? Did he even exist?
4. Personality: What kind of personality did you have? Were you funny, serious, deep, a jackass?
5. Ethics: What were your manners? How did you treat others?
6. Beliefs: What were your beliefs about life, in general? What were your views on people? What did you hate? What do you love?
7. Bliss: What gave you serenity?

Financial

1. Money: How much money did you make?
2. Residences: How many houses and residences did you have?
3. Occupations: What did you do for a living?
4. Toys: What luxuries did you own?
5. Power, Status: How did others view you? How did you serve others?
6. Groups, Clubs, Societies, Associations: What social circles did you create?

Relational

1. Romantic: How was your love life? Did you get married? Did you go on a lot of dates?
2. Friendship: What kind of people did you make friends with? How did you treat these friends? How did they treat you?
3. Community: How involved were you in the community? What kind of groups did you want to belong to? What kind of groups did you associate with?
4. Familial: What kind of family did you wish to have? How did you wish your family to be conducted?
5. Workplace: What was your relationship with coworkers and employees?

The following form will speak in the present tense so that it will allow you to dream things up more vividly; however treat each instruction as if it were actually written in the past tense, and that you were actually just writing down something you already accomplished before dying.
Dearly Beloved, we are gathered here today to pay respect to the loss of __________ who accomplished many things in life. __________ created many goals and achieved most of them. Let’s not mourn any longer. Let’s celebrate the successes instead. ________ accomplished the following up until this unexpected death:

Physical:

1. Physique: What is your ideal body? What kind of body do you dream of having? What is the musculature? What is your ideal weight? Write down how you would wish your body to be. Be as detailed as you want to be.

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3. Athletic Ability: What sports or athletic skill do you wish to excel at? Are you a master swordsman? Can you fire a gun like a pro? Are you a pro gamer? Are you a great runner? Pick the ones that matter most. It is preferred to choose one, because your skill will be heavily concentrated in that area.

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4. Flexibility: How flexible are you? Are you a contortionist? Can you do splits? Is flexibility even important?

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5. Beauty: What is your style? What kind of looks do you hold? What is your hair color and length? What are your favorite colors? What do you want your image to represent?

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Mental

1. Books: What are all the books you want to read?! What knowledge do you want to absorb? List books you have been wanting to read for a long time. If you have no particular book in mind, then list the topics you have had interest in.

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2. Languages: List the number of languages you would like to be able to speak. List the names of these languages.

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3. Education: What degree would you like to get? What degree do you have? Does education matter to your identity?

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Spiritual


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2. Boundaries: What are your boundaries? What do you say yes to? What do you say no to? Every person absolutely needs boundaries. If we do not know our boundaries, we will find ourselves saying yes to situations we should say no to, and the opposite holds true just as well. By knowing what we say yes and no to, by knowing what we will and will not tolerate, it gives us the strength to stay honest and true in the toughest of times. The person who has clear boundaries is a person who cannot be taken advantage of. What are your boundaries? What do you say yes to? What will you tolerate? What will you say no to?

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3. God: What are your views on God?

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Financial

1. Money: How much money do you want to make? How wealthy are you? What's your net worth?


do. If you would rather be doing something different, use your imagination and list which occupation could give you the ride of a lifetime.

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4. Toys: What luxuries do you own? Do you own a boat? Do you have a motorcycle? Do you have a wardrobe filled with Armani and Gucci? Do you have fancy shoes? Is your kitchen made with state of the art tools? Do you have a fancy watch? What are the toys you desire?! List them all.

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5. Power, Status: How do others view you? How do you serve others? Are you feared? Are you loved? Is it a balance? Are you a coworker? Are you the owner of a multimillion dollar business? When you walk down an aisle, do people move out of your way? Are you respected as one of the greats? Or, are you one of the cool people that hangs out at the bar with friends? Are you that lay back, middle America person? Do you have a modest level of authority, and do you take comfort in just being able to live life with normal power and status? What do you desire? Declare it.

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6. Groups, Clubs, Societies, Associations: What social circles do you create? Do you host social circles, and do you bring people together to increase networks? Do you hold seminars? Do you hold monthly meetings? Do you have a guy’s night out once a week? Do you run an advice column online? Do the creation of groups, clubs, societies, and associations even apply to you? List what kind of agencies you would like to run. Do they make you money, or are they nonprofit?

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Relational

1. **Romantic**: What is your ideal partner? What kind of person do you wish to date? How many partners do you want to have? What kind of relationships would you like to have? Are they serious? Are they flings? Are they long term? Declare your romanticism.

2. **Friendship**: What kind of people do you wish to make friends with? What kind of friends do you want to have? Are they millionaires? Are they athletes? Are they bartenders? Are they store managers? Are they teachers? Are they comedienne? Are they old friends from college and high school? Are you friends with everyone, or do you choose certain types of people to be friends with? Do you mix and match? Declare the types of friends you would like to have.

3. **Community**: How involved are you in the community? What kind of groups do you want to belong to? What kind of groups do you associate with? Are you part of a fitness forum? Are you very close to your church, mosque, or synagogue? Are you a part of school clubs? This differs from the financial sector of clubs and associations, because over here, you are simply participating in the function; therefore, you are not leading anything. What community/communities do you belong to?
4. Familial: What kind of family do you wish to have? How do you wish your family to be conducted? How many kids do you want? If you already have a family, how do you wish for the relationships amongst its inhabitants to work? What are your family values? Do you put work first, or do you put family first? Declare your family.

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5. Workplace: What is your relationship with coworkers and employees? Are you the life of the party? Are you the respected manager? Are you involved with everyone? Are you secluded? Do you spend time with workers outside of work? Do you date coworkers, employees, or higher ups?

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