

Life Reflection Exercise

This is an exercise you might return to after you've done something that helps you get into your body. That could be after a workout or yoga class, a meditation session where you scanned and felt your body, listening to a song you love super loud, or a bit of reading or watching something that helped you connect with your emotions. If you really want to go all the way, do it after watching [this movie](#).

Take a moment to close your eyes and visualize yourself at the end of your life.

Imagine from this place:

- Who do I want to be there with me in that moment?
- What will need to be true about how I spent my time and energy for those people to be there?
- What kind of person would I be proud to be in that moment?
- What am I afraid of in this moment?
- What do I think will really matter at this moment, at the end of my life?
- What do I hope will be true?

Write without editing. Let the answers arrive before they make perfect sense.

What did you learn about yourself in this exercise?

- What values crystallized for you in this exercise?
- What does this mean for how you're living right now?
- What would you change or do differently?
- What is one small way you could put these values into action?

If it feels right, share what surfaced with someone you trust. Let them witness what matters to you.

One step further: In challenging moments, remind yourself of those values that really matter to you, and who you're working to be. Notice what changes for yourself when you do.