



THE COUNSELING AND WELLNESS C E N T E R

The Eulogy

This exercise may be difficult for many people and that is OK. Accept those uncomfortable feelings and imagine how your eulogy, at your abstract funeral, would be. Write the eulogy as if you are a loved one and you are writing it about your life until this point.

We are examining if you are living consistent with your values, and what additional things you will want to achieve. Write your eulogy here: