

[EULOGY EXERCISE]

JOY IN THE JOURNEY

FOR PROFESSIONALS



I've got a great picture of my parents at Easter service back in March 2017. It was a beautiful sunny day as they smiled ear to ear, standing with the kids in front of the flowering dogwood right outside our church.

Less than 6 months later they were both gone.

Even now, 5 years later, I grieve their deaths and wish I could share life's little moments with them. When they passed, I came to understand - really understand - how sincerely precious life is.

How priceless the moments are with the people who matter most.

EULOGY EXERCISE

The truth is, making money, having nice things, and going on trips is interesting, but ultimately, not really all that important. At the end of life, it's the cherished time with the people who matter most that count.

On the next page, you'll find a Eulogy Exercise. It is designed to help you see the people right in front of you. I suggest you take a lot of time to carefully and honestly consider each group listed.

In the end, every single one of us is flawed. No perfect photo on Instagram or Facebook post can change this. But remember: perfection is your enemy.

Make it your goal to make small improvements every day that lead to the kind of life that is worthy of being remembered.

If you live intentionally and focus on gratitude, you might just live a life you can be proud of.



EULOGY EXERCISE



Carefully consider what you want each to say about you at your funeral.

Individual:	Thoughts:
Spouse	
Children	
Best Friends	
Parents	
Coworkers	
Employees	



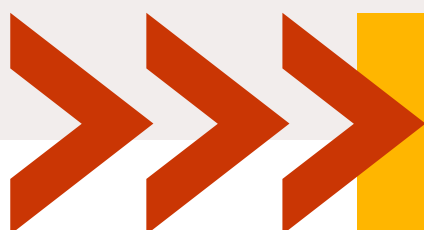
NEED MORE?

Developing a healthier perspective on life, relationships, and success starts with increasing your awareness.

I've developed a 3-minute assessment called The Achiever's Compass™ that has helped more than 1,200 professionals find joy in the journey.

The Achiever's Compass™ will identify the unique areas you experience the most stress and give tangible, proven tactics to help reduce your anxiety in each one.

Let's start enjoying all our hard work and finding more joy in the journey.



TAKE THE
ACHIEVER'S COMPASS