

goals for roles: when they speak about me at my funeral

Speeches made at one's funeral - this exercise can help us clarify our priorities and keep our lives in better balance. For each role, imagine someone who knew you in this role saying a few words about how you were. What would you really like them to be able to say? Do this fairly off-the-cuff for maybe just two minutes per *Role*. This can help you to take your *Root* values into short and medium term intentions for your different life *Roles*.

<i>role</i>	<i>'at my funeral' appreciations: what I would really like them to be able to say about me</i>
<i>self care</i>	