

Exploring Your Mortality™

Please take 25 minutes to prepare the responses to the following questions:

- When was the last time you feared for your life?
- Do you believe in any sort of an after life?
- If somehow you had proof that dispelled that belief, would you live your life differently? How?
- Who do you think is the one person that would be most affected by your death?
- Who is the one person whose death would most affect you? Why?
- If you died tomorrow with no opportunity to communicate with anyone, what would you most regret not having communicated?

After you've answered the above questions, please prepare a one-page note to be sent to the one person communicating whatever it is you would regret not having communicated. If no such regret exists, write a letter to be opened by your eldest child on his/her wedding day or graduation day. This should include some of your most treasured memories together and the most important lessons you've learned in your life that you want to pass on and how you learned them.

- Read this note to the group.
- Tell us if you plan on sending it to that person.