

Life Review

Who?

Who were you in terms of your roles and personality? Who did you spend your time with? Who were you close to? Whom did you love?

What?

What was important during this period? What were the most memorable moments? What were your favorite pastimes, interests, shops, or restaurants? What did you believe back then?

When?

When were there turning points? When did significant change happen?

Where?

Where did you live? Where did you spend your days? Where did you travel to or visit?

Why?

Why do these certain memories, activities, and connections stand out to you?

How?

How do you feel about this time period, upon reflection? How did you deal with any hardship or heartache? How did this time shape the person you are today?

Remembrance Messages: Prompts for Letters to Specific People

Specific. If you choose to draft separate messages for chosen individuals—whether it's in addition to or instead of a group letter—you might include particular sentiments and pressing reminders that wouldn't be suitable for a broad letter. These notes can be short or lengthy. Here are some prompts, focused on relationships and legacy, that can serve as inspiration for content. (You can download this activity from <http://www.newharbinger.com/51369>.)

Relationship-focused:

Who you are to me...

What I respect/admire/enjoy about you...

What our relationship means to me...

The imprint you have made on my life...

What I hope you will remember...

Legacy-focused:

What matters most to me...

What has inspired me...

What shaped my perspectives...

What I have learned...

What I have struggled with...

What I have overcome...

What I accept...

Who comes to mind as you consider writing specific letters? And what do you want to remember to incorporate within these remembrance letters? Jot down initial ideas for safekeeping here.
