

PURPOSE

“Your purpose in life is to find your purpose
and give your whole heart and soul to it”

—Buddha

LAST DAY REFLECTION

Imagine that your doctor told you had only 24 hours to live. I know this is a morbid thought and a scary one (that's part of its effectiveness), but a thought very worthy of introspection. Worse would be to die not having given it thought.

Get out of your head and step into your heart.

Take this seriously. If you were to die in 24 hours, how would you feel?

Now, take the time now to reflect deeply and write down your thoughts and feelings in answer to the following questions.

REGRETS

Three things I did or didn't do.

1. _____
2. _____
3. _____

RISKS

Three risks I should have taken.

1. _____
2. _____
3. _____

PEOPLE

Three people I wish I had loved more, expressed more and been more for.

1. _____
2. _____
3. _____



DARREN HARDY
BE THE EXCEPTION

Copyright. All Rights Reserved,
DARRENHARDY.com

LOOSE ENDS

Three loose ends that will burden those left behind.

1. _____
2. _____
3. _____

SECOND CHANCE

If I could live my life over again, what would I do differently?

MY EULOGY

If your life is going to be summed up in a single speech or newspaper clipping, what is it going to say? Don't leave it (or your life) to chance. Pick it now, write it now so you can start living it now.

Be sure to add not only your name, residence, education, hobbies and family members, but what did you achieve, who did you impact, how did you impact them, what great contributions did you make, whose lives will forever be positively impacted because you lived?



DARREN HARDY
BE THE EXCEPTION

Copyright. All Rights Reserved,
DARRENHARDY.com

MY EPITAPH

“Don’t leave your life up to chance.
Grab the reins of your life, and charge gallantly
in the direction of your grandest vision.”
—Darren Hardy



DARREN HARDY
BE THE EXCEPTION

Copyright. All Rights Reserved,
DARRENHARDY.com