

Your Wisest Self



life reflection exercise

Channeling the wisdom of your older, wiser self offers insight into what really matters in life.

Instructions: Imagine you're reaching the end of a long, fulfilling life. Before you die, you'd like to offer guidance to your present-day self. Answer the questions below from the perspective of your future, wiser self. Feel free to include experiences you've already had as well as experiences you hope to have.

Reflecting on your life, which accomplishments, experiences, or insights held the greatest significance?

In what ways do you hope your loved ones will remember you?



Your Wisest Self

life reflection
exercise



What guidance would you offer to your younger, present-day self?

Considering this guidance, which goals or values should be prioritized?

What actions can your current self take to stay true to these goals or values?

