

My Last Year.

Often, when people are told they are going to die soon, they change everything about their lives and become much happier. Imagine you are given a year to live, and you decide you want to die happier than you are now. For each month in the calendar below, complete the activity. Remember, you can always draw your answer, but words are fine, too.

<p>January, Letting Go: what's one or two problems or worries that you can just let go of now?</p>	<p>February, the change: what's one or two things you'd like to change about yourself before the end?</p>	<p>March, lost friend: think of a long lost friend or family member you would like to reconnect with and spend time with before the end.</p>
<p>April, new skill: what's a skill you've always wanted to acquire or get better at?</p>	<p>May, enjoy: what would you do to make sure you enjoy your last months on earth?</p>	<p>June, the trip: where have you always wanted to go? Who would you take with? How would you spend your trip?</p>
<p>July, the gift: what is one cause or world problem you would like to give some of your time or money to before you die?</p>	<p>August, the grudge: think of a person who wronged you that you can forgive now that the end is near:</p>	<p>September, the preparation: what religious or spiritual activities would you get involved in as you faced the end of your life?</p>
<p>October, the confession: think of a regret or mistake you made that you would like to ask forgiveness for before you die. You can draw a picture/symbol if you do not want to write about it.</p>	<p>November, the final accomplishment: what are the last few things you want to accomplish in this life? See Paris, make a music album, paint a portrait? Make a list of the final things you want to accomplish in this life:</p>	
<p>December, the end: it's your last month on earth. How will you spend it? Who will you spend it with?</p>		

What's stopping you from doing all this RIGHT NOW?

