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.

Looking back, what accomplishments, experiences, or realizations mattered most?

How do you hope your loved ones will remember you?

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What advice do you want to give your younger, present-day self?

Based on this advice, what goals or values are most important?

What steps can your current self take to honor these goals or values?

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