Many people find the thought of their own death very frightening. As a result, the majority of people try to avoid thinking about the possibility of their death. Every person must eventually die. To avoid ever thinking about your own death is to avoid facing an event that ultimately must happen.

Write an obituary/eulogy following the guidelines given below, or be creative in your approach and write something by which you will truly be remembered.

On a separate sheet of paper write an obituary about your death. Imagine you are a member of a newspaper staff. One day you are called upon to write your own obituary notice. Use the following format. Try to be as objective as possible.

____(Your name)____, age __________, died yesterday from _________________

________________________________________________________________________

He/she is survived by ______________________________________________________

At the time of death, he/she was working on becoming _________________________

________________________________________________________________________

He/she made contributions in the area of ______________________________________

________________________________________________________________________

He/she will be honored for _________________________________________________

________________________________________________________________________

He/she always hoped to _____________________________________________________

________________________________________________________________________

The body will be ___________________________________________________________

Answer the following questions:

1. Was this an easy assignment? Why or why not?

2. Does this obituary/eulogy give a good reflection of your life?

3. What did you learn from this experience?