



Regina Johnson

*Finding wonder in the everyday*

# 3 Ideas Your Future Self Will Thank You For

# IDEA 1 ~ Write your eulogy or a future bio (Tip: use tech!)

It's human nature to seek meaning in life. This exercise helped me reflect on my purpose. It gave me the courage to chase goals I was once too afraid to pursue.

Why try it yourself?

Research shows it can help you:

1. Think deeply about the message your life will convey.
2. Work backward from your vision of an ideal life to achieve your goals.
3. And get this! You can use AI to help.

See below for a prompt or grab a piece of paper and do it the old-fashioned way.

# Eulogy / Future Bio: step-by-step

## (1) Dream

Write down your boldest, wildest dreams in bullet points. Don't overthink it!

Typically, the first thing that comes to mind has always been a desire of yours.

Or - things might come to mind that you have never considered.

Here are some of mine:

- Regina fulfilled a dream of earning a doctorate in learning.
- Founded a global think tank and training institute.
- Won a Pulitzer Prize.
- Built homes for others....etc.

I've done none of those things yet, but this exercise guided me to take steps forward—like starting my doctorate journey (I'm now in my 3rd semester!).

 **Ask Yourself: What would you do if you had no fear of failing?**

# Eulogy / Future Bio: step-by-step

## **(2) Create a timeline**

Use AI or do it yourself.

Here's a helpful prompt:

- Share your work history, education, and interests.
- Include the dreams from Step 1 and ask it what gaps need to be filled to meet these future goals.
- Ask it to suggest any other goals.
- Ask for a timeline with steps to achieve them in 1, 5, 10, and 20 years.

It was breathtaking to see that a wild dream was possible. What a life changer.

# Eulogy / Future Bio: step-by-step

## **(3) Document Your Goals**

- Reflect on each point and discard what doesn't feel right (but make sure it is not because of fear).
- Use the bullet points to create a eulogy/biography and the timeline, with or without the help of AI.
- Keep this written down in a place where you'll see it often.

Life can be unpredictable, so be kind to yourself if you don't meet the timeline.

This is to have a plan to follow.

# Eulogy / Future Bio: step-by-step

## (4) Speak it into existence

- Talk to someone about it, whether it's a trusted family member or friend, and get it out of your head.
- If faith is important to you, say it out loud to the universe or to your God.

💡 Saying it out loud is you making a promise to your future self.

# IDEA 2 ~ The Tombstone Exercise

Inspired by Casey Rosengren's article reflecting on a near-death experience, this practice is a wake-up call to evaluate your life now.

The tombstone exercise comes from Acceptance and Commitment Therapy (ACT).

It asks you to write the inscription, or epitaph, for your tombstone.

💡 Consider this: What would you want your tombstone to say?

Action: Write Two Epitaphs

- Feared Epitaph: What would your tombstone say if you passed today?
- Ideal Epitaph: How would you want to be remembered at the end of your life?

# IDEA 3 ~ Learn from Others

I've found that everything that has happened, and will happen, is a lesson someone has already learned.

Why not tap into that wisdom?

How? Be Intentional

- Read more books.
- Listen more to others' stories
- Seek guidance through faith, family, or community.

Life isn't meant to be lived alone.

💡 Action: Make a list of three books you'd like to read. Next, name three people, dead or alive, you want to know more about. Lastly, identify three people who are part of your close-knit group or "tribe."





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