

# WRITE YOURSELF INTO YOUR *Dreams*

## Chapter 8 ELS Written Exercise

### Version 1.20

Before you begin, create a sacred, comfortable space to work. Turn off your devices and make sure you won't be interrupted for at least an hour. Read your ELS Intention aloud, and update it, if needed. Then, complete the following:

1. Write your Big Dreams List below.
2. Describe the setting of your ideal funeral, memorial, or celebration of life and name the person you'd like to see deliver your eulogy.
3. Write your Best Possible Eulogy by hand on separate sheets of paper.
4. Identify your Greatest Dreams (those few that feel most important to you now, after having written your Best Possible Eulogy).

