

# LIFE PLANNING

## **The Three Life Planning Questions** *from The Kinder Institute of Life Planning*

The Three Questions are the most important and revealing of all Life Planning exercises. It is important to answer them in order, without looking ahead to the next Question.

Please allow yourself the time to contemplate each question individually and write as complete an answer as you can before moving on. If you run out of space please use the continuation sheet provided.

### **Question 1:**

Imagine that you are financially secure and that you have all the money you need for the rest of your life.

- How would you live your life?
- Would you change anything?
- What would you do?

*Let yourself go. Don't hold back on your dreams. Will you change your life and how will you do it?*

*Write your responses below:*

...continued over ↘

**Question 2:**

This time you visit your doctor who tells you that you have only 5 to 10 years left to live. The good news is that you won't ever feel sick. The bad news is that you will have no notice of the moment of your death.

- What will you do in the years you have remaining?
- Will you change your life and how will you do it?

*Write your responses below:*

...continued over ↘

**Question 3:**

This time your doctor shocks you with the news that you have only one day left to live. Notice what feelings arise as you confront your very real mortality. Reflecting on your life, on all your accomplishments as well as on all the things that will remain undone, ask yourself:

- What did I miss?
- Who did I not get to be?
- What did I not get to do?

*Write your responses below:*

...continued over ↘

## Continuation sheet

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Name \_\_\_\_\_ Date completed \_\_\_\_ / \_\_\_\_ / 20 \_\_\_\_