

Vision Quest Journal

Day 4: End of Life Journaling

You have a moment before you fully let go into death to ask yourself a few questions:

Did you give your life everything that you had?
Did you love passionately?
Did you go for things that you truly wanted to go for?

Did you let fear hold you back in some areas?
Did you let guilt, anger, blame, shame prevent you from living the life you truly wanted to live?
Did you stick to a particular self-image out of habit, not challenging yourself to be authentic and real?
Do you have bad habits that keep you from loving wholeheartedly, being kind, or putting yourself out there?

If you could go back what would you do differently?

What CAN you do differently so there will be no regrets at the end of your life?
What can you say, do, be, who can you reach a hand out to, forgive, love with no walls, no boundaries, no ego?

Wouldn't it be nice to get to the end of your life and know that even if you didn't accomplish what you thought you wanted to accomplish, you died trying?

I'm going to leave you with a final question that I want to ruminate in your mind throughout today.
How can you live TODAY so that there will be zero regret tomorrow?

Repeat the following silently in your mind:

Thank you God for giving me this beautiful life so that I can reach out to others with love and encouragement, tap into my creativity and bring my unique skills to each situation that I may find myself in. Thank you God for giving me this beautiful life so that I can inspire others, remind them they are not alone, and find connection even among the most difficult days through my own unique vision for my self.