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# THE OBITUARY EXERCISE

WE DARE YOU.

*By the Journo Team*

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# WELCOME TO YOUR FUTURE

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## **Were you meant for more?**

That's the BIG question we all have to ask ourselves, and although she seemingly had it all, it's THE question one of our heroes and friend—Roz Savage—found herself pondering.

She had a comfortable, “happy” life most of us can relate to: a nice house, decent salary, good friends. But she found herself at the age of 33 desperately feeling like something was missing.

She had a habit of reading the obituaries and comparing her seemingly perfect life to these strangers who'd led lives full of excitement and adventure. Then she'd get what she called 'Obituary Envy.'

This spurred the exercise that would change her life (keep reading to discover the incredible things she's accomplished because of it).

She proceeded to write her own obituary. Not just one, but two. The first described her fantasy life lived, the one she dreamed about. And the second that outlined where her current path was taking her.

## **The contrast was staggering.**

And, thus, began a huge life shift that motivated Roz to make changes without fear because what was scarier to her was what she visioned her life looking like if she stayed on her current path. Take it from Roz: The Obituary Exercise WILL change your life.



Contemplating your own death may feel like a morbid assignment but, as Roz says on her own pivotal journey, it's a writing exercise that "... gives you incredible clarity on what you want to do with your life, at the same time as reminding you that you don't have forever to do it in."

**She vowed to change her life,  
and holy sh\*t did she ever.**

Roz Savage's accomplishments are beyond inspiring. She transitioned her life 180 degrees from management consultant to an accomplished ocean rower and environmental activist.

- *Roz holds four world records for ocean rowing*
- *Titled United Nations Climate Hero*
- *Athlete Ambassador for 350.org*
- *Fellow of the Royal Geographical Society*
- *International Fellow of the Explorer's Club of New York*
- *Named Adventurer of the Year by National Geographic 2010*

**Roz's life is an adventure, as yours should be too.**

So to help you get where you truly belong, we dare you to try the Obituary Exercise. Take this as a humble and loving challenge to yourself, a member of our amazing community, to #BurnYourCouch and live an intentional life you can look back on with pride.

For more information and to keep up to date with Roz's adventures, visit:  
**[rozsavagecoaching.com/courage/](https://rozsavagecoaching.com/courage/)**



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This will take a bit of time (the best time you've ever spent), so look at your calendar and schedule some uninterrupted you-time. That will ensure you get the most out of the exercise.

Hit a cafe, set up in the park, or soak in the tub while you ponder your death. We hope you enjoy exploring your path via the hypothetical grave.

**It starts here, now. Let's roll:**

## 1. YOUR FUTURE

Write your fantasy obituary, the one depicting the life you dream of living. The one that describes the ideal you. The person you want to be remembered as. What will those around you say about the life you've led?

## 2. YOUR PRESENT

Write your predicted obituary if you stay on your current path. The one that describes you today and the life you will lead if you stay on your current path. How do your friends, family, and, most importantly—you, feel about your current life lived?

## 3. REFLECT

Describe the differences between the two. How well does your dream obituary line up with your reality obituary? What parts make you proud? What parts would you change?

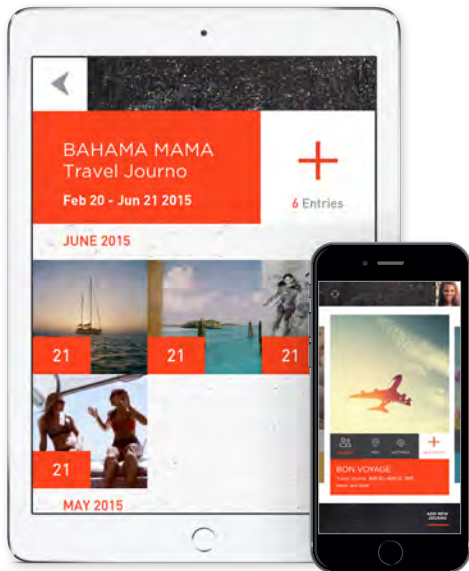
## 4. ACT

Now's the time to re-read both of your drafts and list your action items. What do you need to be doing more of? Less of? How can you make your dream life become your reality? Write about what you are going to DO, and act NOW.

List 3 things that you want to change about your current path, make deadlines and action steps to accomplish these goals.



# EXPLORE & REMEMBER



## Thanks for the read, amigo.

Journo is here to write the incredible story you're out there living. You focus on the adventures, we'll make it easy to write, track, and remember them.

We've been titled 'The World's Most Sophisticated Journal,' and although we're proud of the title, we're far more than that. Click here to check out what Journo is all about, and how we can help you write your story!

## Dane & The Journo Squad



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