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MILESTONES
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Question One

I want you to imagine that you are financially secure, that you have enough money to take care of your needs, now and in the future. The question is: how would you live your life? What would you do with the money? Would you change anything? Let yourself go. Don't hold back your dreams.

Describe a life that is complete, that is richly yours.


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Question Two

This time, you visit your doctor who tells you that you have five to ten years left to live. The good part 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 time you have remaining? Will you change your life and how will you do it?



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Question Three

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. Ask yourself:

What dreams will be left unfulfilled? What do I wish I had finished or had been? What do I wish I had done? What did I miss?