

With the End in Mind...

This may sound macabre, but is an effective way of placing your thinking about your career in the context of what you want to do with your life...

The process is simple: sit and write the obituary you would love to have written about you when you die.

You may, of course, include things outside of work – and indeed including these is often a valuable exercise in terms of balance, values and so forth.

When you have completed your obituary:

- ▶ you may choose to send it to your to inform your discussions with others about your career (and life) plans
- ▶ or you may prefer to keep it private and reflect on it yourself.

After due reflection (with a trusted thinking partner, or on your own), consider what you might do to take the next steps towards the life you want to have led; and consider any enablers that need to be in place, or blockages which require addressing.

(Should you find the idea of an Obituary too disturbing, you could, instead, write the speech that you would love someone to make at your retirement This works on a similar principle, but is likely to be less radical and possibly less thought-provoking).