

# One Year to Live Fantasy Worksheet—

## *Step 3—Worksheet 1*

Often this fantasy helps people touch their own grief about losses in their lives. If you feel sad, do not avoid the feelings. Rather, use them and let them support you in dealing with your losses. Sharing the fantasy and your feelings with your group members can deepen your understanding of the issues the fantasy raises. First, record the details of your fantasy. Then, answer the questions below.<sup>1</sup>

1. Describe your first reaction:

2. List the changes you would make in your life:

3. List the new things you would try:

4. Explain the unfinished things you would want to complete:

5. State the things you would need to say before you die:

6. Describe what your last thing to do would be:

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<sup>1</sup> Adapted from the Gentle Path by Patrick Carnes

7. Explain the spiritual preparation you would take:

8. Describe where and how you would spend your last days:

9. Throughout the fantasy, there were key moments involving significant persons in your life. Name those you would involve and what you might learn about your relationship priorities:

10. During the fantasy, you may have found yourself doing things significantly differently from how you live now.  
Why would this be so?

What prevents you from doing those things now?

11. How do you feel about facing your own death?

12. Thinking about death provides a way to look at what is real and what is important in our lives.

How have your ideas of what is important and real to you changed after experiencing this death fantasy?

What can you change in your life now to reflect these new priorities?