

## WHAT MATTERS NOW? Contemplating death during a pandemic

Consider the possibility that you may not live through this outbreak or the next iteration of it or the next. Contemplate your death.

1. What did you learn from doing that?
2. Is there anything you can do now to mitigate what you observed or imagined in that hypothetical moment where you are no longer in it?
3. What truly matters? Are you doing your best under these circumstances to live in alignment with what truly matters?
4. What are the loose ends of your life now that will pain you if you have not taken care of them should you die in the near future?
5. Organize now for those who will have to deal later. Can you find your will? Is there a document with your passwords? Where did you put the video of the home movies? Etc.
6. Connect with people you love with whom you may have lost touch. Reach out now. If repair is necessary and you have the bandwidth, take it on.
7. Write your ethical will. What did you learn that you would most want to pass on to your loved ones?
8. Remind yourself that in all probability you have had a better life than 99.99% of people who have ever lived on the planet and consciously experience gratitude. Make this a daily practice.