

4 THINGS YOU CAN DO TODAY

To Live (and Die) with No Regrets

ACCEPT DEATH

Avoiding the topic of death is like avoiding the cleaning of a gaping wound - neither is healthy.

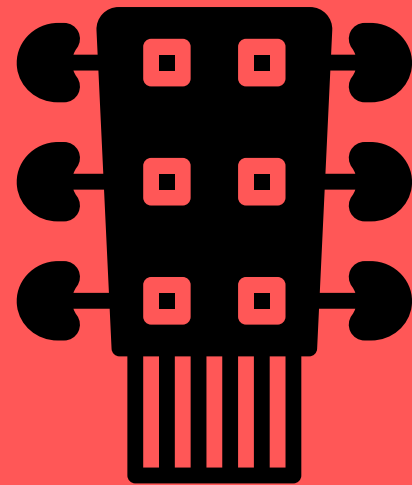


STOP ASKING UNHELPFUL QUESTIONS

Although "Why" questions about death are natural, the answers are out of our control. Asking "What" questions lead to better decision-making..

TUNE INTO THE HEALTHY TENSION BETWEEN PRESENT AND FUTURE

Accepting the reality of impending death must not direct one toward foolish choices.



BE PREPARED - EVERY DAY

Every day ask this question: "What can I do today to prepare for my last 24?"

"YOUR LAST 24"
BY KENDALL R. KEELER

KENDALL R. KEELER

YOUR
LAST
24

PREPARING FOR THE
INEVITABLE

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