



REVIVAL

RENAISSANCE METAPHOR

Invitation to a little silent reflection:

Death will take us all. Have you ever stopped to reflect on that moment? What will that moment in your life be like? When I talk about death, what comes to mind?

Invite your Coachee to close their eyes and take a deep breath. Breathing out slowly. When you feel relaxed, start the process.

1. When you die, what do you believe will happen to your body?
2. What would you like to happen to your body? (cremation, or donation or other origin)
3. Where do you believe your soul will go?
4. Which people in your family would manage the crisis of your departure?
5. Who will pay your funeral expenses?
6. What are the names of 10 people who would likely say goodbye to you at your funeral?
7. What would they say about you during the funeral period? What do you think people will talk about for the next six months after your departure?
8. How many people will remember you within a year of your departure? And after 5 years...10 years...Who are these people?
9. Who are the last three people you believe would be at your wake?
10. At your wake, will six people pick up the handle of your coffin? What are these people's names?
11. At the moment of the funeral, at the final goodbye, who will be the last person to leave for good?
12. Is there anyone who will come back to the cemetery in the next few days to visit you? Who are these people?
13. If you could leave a special message for that person, what message would you leave? Who else would you leave this message for?
14. Can you tell me a very good moment or not, lived with your father?
15. And with your mother?
16. Do you know someone whose life was ruined by bitterness? Are there any forgiveness issues in your life that you are denying?
17. Making an analysis of what you have lived, what are the unfinished business or issues in your life?

18. If you had had a little more time before your death, what would you have done

19. With your departure, what is the greatest legacy you left for the world and your family?
20. Who were you at this point in your life?
21. How would you ask God or the Universe for a new opportunity? Because you have the right to continue living.
22. What have you dreamed of being and what is still burning in your heart?
23. How big is your faith or your spirituality?
24. What phrase would define you now?
25. Is your sentence equivalent to your attitude?
26. What do you think God or a Universal Consciousness would be asking of you right now?
27. The world's television networks will transmit your message of humanity to the whole world. It's an opportunity to tell everyone about what you believe. If this were possible within 3, maybe 2 or 1 minute, what would your message be?
28. Is there anything else you would like to say and commit to NOW? Listen to your inner voice...

REFLECTION OF THE COACH WITH THE COACHEE - still with eyes closed:

"How important is it to enjoy the time we are alive. And you are still alive. Thank God!!! I invite you, at the moment you find it opportune to open your eyes and return to the best moment of your life. You know, the best time for your life is now. A new door opens at that moment for you."

29. What were the great lessons learned from participating in this rebirth process?