

OBS
ESSION

INNOVATION
& MOONSHOT
EXPERTS

Death-Bed

CHALLENGE

2024

I - IMAGINE YOUR FUTURE SELF

Picture yourself at 80, reflecting on the life you lived—what makes you proud?

Looking back at my life, the things I'm most proud of are

The moments I wish I had done more of are

If I could give my younger self one piece of advice, it would be

W - WEIGH YOUR REGRETS

What risks, dreams, or relationships will haunt you if you don't act now?

The risks I wish I had taken were

I regret not pursuing

because

The relationships or connections I wish I had nurtured more are

I - INSPIRE THE PRESENT YOU

Write a no-BS message from your future self to shake you into action today.

Dear younger me, stop wasting time on

Focus on

Don't let fear of

stop you from

If you don't take action on

now, you'll regret it deeply. Trust me, you won't care about

when you're my age.

L - LIST YOUR BOLD MOVES

Choose one fearless step you can take right now—start messy if you have to.

The one thing I need you to do immediately is

Here's how you start:

STEP 1

STEP 2

STEP 3

Remember, even if it's uncomfortable, your future happiness depends on it.

L - LOCK IN YOUR LEGACY

Define what you want to be remembered for, and let it drive your choices.

By

(specific date),

The legacy I want you to build is

When you need support, ask

When you feel scared or stuck, just remember:

OBS
SESSION



INNOVATE WITH US

DUBAI // PARIS // RIYADH // BEIRUT

INNOVATION
& MOONSHOT
EXPERTS

PHONE

+971 52 850 0461

EMAIL

Info@itsobsession.com

WEBSITE

www.itsobsession.com

Follow Obsession

