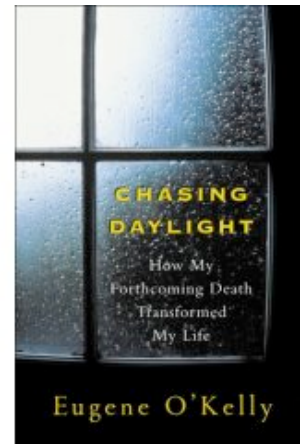


</LIFE> - Silicon Valley Junto Pre-Meeting Exercise

1. The Three Minute Drill

The speechmaker is given no more than three minutes and is instructed to imagine that, as soon as the talk concludes, he or she dies. My friend said that the speeches were uniformly riveting, but, more notably, they were surprising. The men and women charged with the honor of giving these speeches clearly thought hard about what was most essential for them to say, and often it wasn't at all what you might expect from a senator, a world-renowned physicist, or a CFO. - Eugene O'Kelly



It is interesting to think on what expectations are of a CFO or a physicist, yet at the very core, death comes to us all and is one of the most fundamental of human experiences. Ultimately, your various titles and the roles you've played may or may not be relevant. What IS relevant is your voice, your own beliefs, framed by what you've experienced and who you are, and we would like to hear that voice.

This is an invitation to think about what you'd say in the last three minutes of your life if you had the opportunity to relate some things before you left this world. Please bring in a sense of what you'd say. We say "a sense" because for some, it may be a full 3-minute articulated speech, or others may feel more comfortable with a bulleted outline of things, a passage from a favorite book, etc. We would like to invite you, if you are comfortable, to share what you would say, and hear from others.

The other thing to think about is who your audience would be. Spend a couple minutes to jot down **who** you would want to communicate these things to, both the people who you believe who you feel you *should* address the people who you'd *want* to be listening, for any reason.

The format will be experimental - we'll open with inviting a couple people to share theirs, and then ask for responses. Because the nature of dialogue is fluid and organic, we may not get to everyone, in which case we'll schedule a spillover. If we do wrap up in this session, then we'll continue as usual.

We look forward to listening to what you have to say.

Here are a couple of other seed thoughts for you to get you thinking:

"In the beginning was the big bang... we were born, not only from pain, but also from pleasure. We carry the seeds of that original delight in our genetic memory. We are a brief flare of life blazing out of the darkness before falling back into the great emptiness from which we have come. "Bliss emptiness" is what the Tibetans call our original nature and that sounds good enough to me. "Our happiness, our value as a person, are all in our song, and when we sing it,

however deep or high the notes may be, then if there's a God, she becomes a living god. Then the world takes deep pleasure in our presence among the living, and we shall know that whatever the pain and the joy of it, the singing was worth it." -- Roger Housden

"When I am troubled I turn to Joseph Campbell for guidance...He talks about the power of death to illuminate life. Is this not the challenge that death provides us? In the certainty that we all die, do we live? In the certainty that we lose all that we love, do we love them enough in life? In the truth that we die alone and with nothing, do we spend too much of our limited energy accumulating and looking after things?" - Robert Patterson

2. Survey on </LIFE>

Do you have a clear memory of when you were first aware of your own mortality? If so, how old were you? _____

At what age did you first lose a loved one? _____

Who would you first call if you just found out you had 100 days left? _____

If you had the choice to know when you would die, would you want to? _____

Aside from direct family, who do you want to inherit your possessions? _____

(Who, what and perhaps why) _____

Regarding the work you find most meaningful (your children, your passions), who would you entrust to continue your legacy in your absence? _____