

# DISCUSSION POINTS

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## Happy 100th Birthday To You: (Forget the Eulogy)

*By Sherrie Rose*



Thank you for your purchase.

### **A Gift for You**

These discussion points are designed to help spark thinking and conversations about planning your 100th birthday celebration and as a tool for intentional living. For personal reflection or for book clubs.

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### **LIVING TO 100: POSSIBILITY & PERSPECTIVE**

- What daily choices change when you seriously consider the possibility of living to 100?
- How does planning for your 100th birthday affect your approach to life?
- If you live to 100, what would you start doing today that you've been postponing?
- What assumptions about aging might be limiting your vision for your later decades?

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### **CELEBRATION VS. EULOGY**

- Why might planning a celebration be more powerful than imagining a eulogy?
  - What does it mean to be celebrated during your lifetime?
  - How does planning what you'll celebrate change your perspective on living?
  - What would it mean to celebrate your life now rather than waiting for milestones?
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## THE PRESENT MOMENT & FUTURE VISION

- How can envisioning your 100th birthday help you make better decisions today?
  - What values become clearer when you project yourself 20-50 years into the future?
  - In what ways does long-term thinking challenge or support your current lifestyle?
  - How might the person you are at 100 evaluate the choices you're making right now?
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## LEGACY WORTHY LIVING

- What does it mean to be legacy worthy in your life?
  - How do you define living exuberantly at any age?
  - What inspires you most about people who have lived past 100?
  - What qualities do centenarians seem to share that might inform how you live now?
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## PLANNING YOUR CELEBRATION

- Who would you want at your 100th birthday celebration? What does that reveal about your current relationships?
  - When planning the celebration of your century, what themes would be essential?
  - How does the act of planning itself become a tool for clarity and purpose?
  - What resistance comes up when you try to envision your 100th birthday, and what might that resistance be telling you?
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## TIME, PURPOSE & THE HARD QUESTIONS

- How do you currently relate to time: as abundant, scarce, or something else?
  - What question about your life are you avoiding that you know you need to address?
  - How might visualizing your time in decades change your approach to living?
  - What would your future self want to tell you about how you're spending your time now?
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## RELATIONSHIPS & CONNECTION

- Who in your life would you want to still know at 100? What does that tell you about those relationships?
  - How do you want to be described by the people who know you best?
  - What kind of community can help cultivate and support you through a century of living?
  - How might your celebration planning reveal which relationships need more attention?
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## LIVING WITH INTENTION

- What does living with clear intention look like for you?
  - How do you know if you're living true to yourself?
  - Imagine aligning your daily choices to reach 100 healthy and fulfilled?
  - In what areas of your life are you most intentional? Where do you tend to drift?
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## QUALITY OF LIFE DECISIONS

- What defines quality of life for you, and how might that definition evolve over decades?
  - How do you approach planning for longevity while living fully in the present?
  - What trade-offs are you willing to make today for the possibility of thriving at 100?
  - How do you measure whether your life is worth celebrating?
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## YOUR DESTINATION BEGINS WITH DIRECTION

- How does the process of planning change you, regardless of whether you reach 100?
  - What have you discovered about yourself through thinking about your 100th birthday?
  - How might this planning framework apply to other life milestones or goals?
  - What would it mean to live as if you're already the person you hope to become?
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## REFLECTION EXERCISES

Consider these for deeper personal or group exploration:

- Write a letter from your 100-year-old self to your today self. What advice will you give?
  - Describe your ideal 100th birthday celebration in detail. Who's there? What are they saying? How do you feel?
  - Identify three changes you would make today if you knew you'd live to 100.
  - Map out what you hope to accomplish or experience in each decade between now and your centennial.
  - List the regrets you don't want to have at 100. What can you do now to prevent them?
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## CLOSING DISCUSSION QUESTIONS

- How has your perspective shifted after engaging with these ideas?
  - What's one concrete action you'll take this week based on thinking about your 100th birthday?
  - Who else needs to hear about this approach to intentional living?
  - What aspect of planning your celebration feels most important to address now?
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## FOR GROUP FACILITATORS

**For book clubs and group discussions:** These points work best when participants share honestly about their own lives, fears, and hopes. Create a space where people feel safe to explore uncomfortable questions about time, mortality, and purpose.

**For individual reflection:** Take your time with these questions. Return to them periodically as your perspective evolves.

**Remember:** Your 100th birthday serves as a guiding vision for making better choices today that may improve your future. It's about using your 100th birthday celebration as a planning tool that is also a masterplan to live life to the fullest.

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