

## How to Deliver an Inspiring Eulogy

Delivering an inspiring eulogy is a chance to say a final goodbye to a loved one. It allows you to pay tribute and share an inspiring story about their life and legacy. Each eulogy is as unique as the person whose life it honors. It can be a positive message of comfort and peace.

Like public speaking, however, delivering a eulogy may seem overwhelming. The grief of losing a loved one combined with the stress of public speaking can be a challenge.

If you are asked to speak at a loved one's funeral, these tips may help:

- Compose your thoughts  
Practice. Prepare for emotional moments. Don't try to memorize the speech. It's fine to read from notes during the service.
- Describe your loved one  
Think of your shared experiences. What were their interests or passions? When did you last see them and what did you talk about? Read a poem or letter or share a meaningful quote from a favorite author.
- Introduce yourself  
Describe your relationship to the deceased. Make it personal.
- Take a few deep breaths  
Speak slowly. Acknowledge your discomfort. Others will understand and appreciate your courage. Sip water and keep tissues on hand.
- Focus on a friend  
Look at a friend or loved one who will encourage you when you first stand to speak.
- Speak to your loved one  
What would they most like to hear you say? Focus on your feelings and memories instead of your discomfort.

- Be open and honest  
Speak respectfully from the heart and don't worry if you become emotional. It shows others how much your loved one meant to you.
- Use gentle humor  
It's engaging to speak with levity about your loved one's personality. It may also help lessen your stress.
- End with what you miss  
Talk about their impact on others. How has your life changed by knowing this person? How might you remember them as you go forward?
- Limit length  
Remember to give others a chance to share too.
- Have a backup plan  
Ask a friend or loved one to stand with you. Ask them to speak if you become overwhelmed or are unable to.

Speaking at a loved one's funeral is a privilege. It will help you to process your grief and help you achieve closure. As time passes, you may find peace knowing that you honored your loved one's life in such a meaningful, generous way. Your eulogy will be an enduring reminder that even as life moves on, your loved one won't be forgotten.