

A GOOD DEATH: MODULE THREE:

IDENTIFYING YOUR WHY? OR WHY NOT?

1. Why are you interested in advance planning? (Any reason will do – I want to lessen the burden on my family, my kids are bugging me to do it, I feel guilty that I haven't done it, etc. etc.)



2. What is standing in your way? Your "why not?" is as important as your "why." Examples include – I'm scared, it feels overwhelming, I don't know how to do it, I don't want to think about death, etc.). Be very honest here. You're not the only one.



3. What kind of values does a person who creates advance plans hold? (Generosity, fearlessness, honesty, etc.)



4. Imagine that you have completed the basics of advance planning (necessary legal documents, medical choice documents, etc.). How will you feel? Peaceful? Accomplished? Spend a few minutes imagining how you will feel.



5. How will it feel to converse with those you love about your wishes? How comfortable are you doing this? Would you rather just leave instructions in writing (this is a fine option), or are you open to talking to those in your life – those who will be tasked with making decisions for you if you can't yourself? Why or why not?

Baseline Assessment

Have you done any advance planning?

- _____ Yes, but I have not reviewed my documents and plans in some years.
- _____ Yes, and I review them every year.
- _____ Yes, but I have not discussed them with anyone, and no one knows the location or how to access them.
- _____ Yes, but although I have not discussed them with anyone, I have left written instructions about where to find them.
- _____ No, I have not done any advance planning.

Do you know where to find the resources you need to work on advance planning? (attorneys, financial advisors, etc.)

- _____ Yes
- _____ No

What is most important to you?

- _____ Making my medical wishes known
- _____ Creating a will and/or trust
- _____ Creating my burial/funeral plan
- _____ Assigning my material goods to people
- _____ Cleaning out my house
- _____ Leaving a plan for my pets when I die
- _____ Making a plan for my deathbed

Rank your choices, based on importance (1-7, 1 being the most important)

Next in the series, we'll dive into legal documents that are important to creating an advance plan. You are doing great work here!