

A GOOD DEATH: MODULE FOUR:

DOCUMENTS YOU'LL WANT FOR YOUR GOOD DEATH

1. Take Stock. Do you have the following documents? If so, when were they last updated? Do you need to update them?

DOCUMENT	LAST UPDATED
Health Care Proxy	-----
Living Will/Advance Directive	-----
Power of Attorney	-----
Will	-----
Trust	-----
Agent to Control Disposition	-----

2. Do those named have copies or know how to access these documents? Where are the originals located?

DOCUMENT	AGENT NOTIFIED?		LOCATION
Health Care Proxy	Yes	No	-----
Living Will/Advance Directive	Yes	No	-----
Power of Attorney	Yes	No	-----
Will	Yes	No	-----
Trust	Yes	No	-----
Agent to Control Disposition	Yes	No	-----

Questions for Consideration

What is your plan for being sure your documents are kept current? Lots of people review their end-of-life paper work at the New Year or on their birthday. What resonates with you? (Tip: Set a reminder on your calendar.)

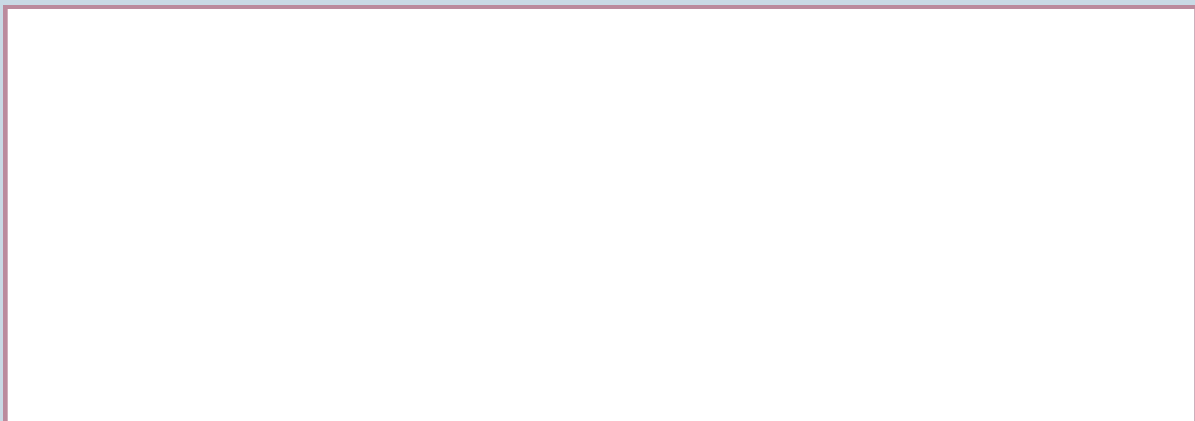
What feelings are coming up for you as you go through this process? Fear, gratitude, anxiety, love? Write a bit about how you feel as you are going through this.



Is there anyone you need to ask about their own end-of-life documents, especially someone who might have named you to one of these roles? Are you comfortable raising the subject with them? List the questions you might have for them below (e.g., Where are the documents stored, etc.).



Once you have finished this process, how do you feel? What emotions are coming up for you? Try to describe.



Congratulations! Now treat yourself to something wonderful. You deserve it!