

NAME: _____

DATE: _____

GOALS of these "At the End" efforts include:

- **Reflecting on what has been important in your life and summarizing it**
- **Sharing this resulting gift with your loved ones – assuring they know**
 - **actions already taken/pre-paid for next steps near and after death**
 - **your wishes about actions and public events following your death**
 - **favorite scripture, stories, poems, song, pictures, and more for use in celebrating your life in whatever fashion your family/friends choose**
- **Making any/all memorial gathering efforts more effective and meaningful**

AS I NEAR THE END, MY LOVED ONES SHOULD KNOW ...

___ My "Binder of a Lifetime" contains all the items below! :-)

___ I have advance health care directives (living will and PoA for HC)

___ my primary health care physician has copies on file

Others having copies: _____

___ I have a will/trust located here: _____

Others having copies: _____

___ I have a power of attorney located here: _____

Others having copies: _____

___ A starter obituary is in the About Me tab and/or printed with these materials or in this location on my computer: _____

___ My completed VALUES WORKSHEET from Compassion & Choices is in the Wills/PoA tab of the Binder of a Lifetime

___ Key loved ones to contact about next steps include:

Pastor/Spiritual Contact: _____ Phone: _____

Name (relationship): _____ Phone: _____

Name (relationship): _____ Phone: _____

Name (relationship): _____ Phone: _____

Name (relationship): _____ Phone: _____

Name (relationship): _____ Phone: _____

Consider spending time with loved ones listed above on your "Conversation of a Lifetime."

SEE MORE HERE: www.ConversationsOfALifetime.org

NAME: _____**DATE:** _____

AFTER MY PASSING (check one for each item, filling in details where possible)

- Do you wish for your body to be available first for organ donation? ___Yes; ___ No; If Yes, have you made special arrangements with a group in advance for donation and/or scientific purposes? If so, please list the group(s) here:
_____ and include any documentation you have from them
- Do you wish your body to: ___ be buried; ___ be cremated; other: _____
- Additional burial, memorial, etc. plans include... (fill in as applicable)
 - I wish to be buried and/or have ashes placed in this memorial garden/cemetery: _____ Have you pre-paid for the stone and/or cemetery site, and if so, list details (where are receipts located?)

 - I wish my ashes to be kept by: _____ and scattered here if possible: _____
 - Here are other wishes I have related to memorials (trees, benches, etc..):

- Should people wish to give memorial gifts, my wish is they would go to _____ and/or _____
- If I have pets still living when I die, here would be my wish for who they are placed with, if possible (specify details): _____

- I have composed a brief farewell and it is located in hard copy in my Boal, with these documents and/or as an electronic file in this location on my computer (describe): _____
 - ___ Send to special people in my life - their contact information is located here: _____
 - ___ Please use my email distribution list
 - Username:
 - Password:
 - "Send to all" in email distribution or use the smaller list located here:

 - ___ Put this as a note in the memorial service bulletin

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After my death, I would like a memorial service/funeral to be held
 ___ Yes (CONTINUE on this page) ___ No (SKIP to page 5)

Please fill in the service details for topics where you have specific wishes:

- Location: _____ (name of church, funeral home or ?)
- with _____ officiating/organizing
- Describe the atmosphere (tone of service, length, "preachiness") you would prefer and any actions you think will help make that happen:

- People you would like to be asked to publicly share a eulogy and/or summary of experiences (not that all need to be asked): _____;
 _____;
- Songs for the congregation to sing (circled/listed on Page 4)
- Person/group you'd like to have do special music, if it can be arranged:
 _____;
- Scripture/readings to include (circled/listed on Page 4) People you'd like to have do these readings? _____;
 _____;
- Rituals I would like to include** (faith-based, military, lodge or ???):
 _____;
- ___ Consider including items described below
 - Favorite quotes listed here (or attach)

 - Meaningful poem(s): _____
 - Advice I'd like to share: _____ (attach)
 - Copies of prose you wrote: _____ (attach)
 - A good photo to use is included here (attach or put in pouch)
 - A short (300-500 word) biography is here (attach)
- ___ Give attendees flower seeds/bulbs to brighten a place they see; and/or a small favor/gift like mentioned [HERE](#) and [HERE](#)
- Pallbearers (if casket): _____;
 _____;

PLEASE NOTE: These are my preferences. I give you, my loved ones, the flexibility to alter any/all memorial service wishes as you see fit so my conclusion is a good memorial for me and for YOU! [alter or ~~cross this off~~ if you disagree]

** May choose to have these done separate from the memorial service/funeral

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*SONG POSSIBILITIES***: Circle songs you would like to have considered*

- MORE TRADITIONAL: Amazing Grace; Oh Let Me Walk With Thee; Old Rugged Cross; It is Well With My Soul; Nearer My God to Thee; Blessed Assurance; Abide With Me; Just a Closer Walk with Thee; How Great Thou Art; Great is Thy Faithfulness; Rock of Ages; I Was There to Hear Your Borne Cry; His Eye is on the Sparrow; Hymn of Promise (#707 in Methodist hymnal); I'll Fly Away
- MORE CONTEMPORARY***: One Sweet Day; Yesterday; My Heart Will Go On; Tears in Heaven; I Will Always Love You; Goin' up Yonder; The Upper Room; Ava Maria; Dance With My Father; I Will See You Again; On Eagles' Wings; Turn, Turn, Turn; Lean on Me; Never Alone; Go Rest High Upon That Mountain;
- OTHERS: _____; _____;
 _____; _____

**** NOTE: if words printed/listed as part of a service, having the legal rights to do so will need to be investigated*

POSSIBLE READINGS:

- **SCRIPTURES:** *A separate page includes many possibilities (please list them below or circle them on that separate sheet and include it with the binder)*

- _____
- _____
- _____
- _____
- _____
- _____

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CONTACT TREE: People to contact following my death, who can then contact others (hobby groups, church contacts, work associates, etc.), are below.

NAME (relationship)

CONTACT INFO (email, phone or address)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

OTHER COMMENTS [NOTE: if needing more space for additional thoughts, interment details, additional contacts, etc., attach a separate sheet(s)]:

By my signature below, I indicate my desire to the arrangements outlined in this "At the End" section (NOTE: should you want to establish a person(s) with direct responsibility for your "At the End," see an attorney to set up a formal, legal "Declaration of Funeral Arrangements")

Printed Name: _____

Signature: _____

Date completed: _____ (Change date here whenever revised)

NAME: _____ **DATE:** _____

My "Best Last Day" Would Include the Following _

- I will awaken in this city, state, country: _____
- When I awaken, this person (these people) will be nearby: _____

- First thing in the morning I will: _____
- For breakfast food/drink I will have the following:

- I will enjoy breakfast here: _____
- Morning activities will include:
 - _____
 - _____
 - _____
- For lunch food/drink I will have the following:

- I will enjoy lunch here: _____
- Afternoon activities will include:
 - _____
 - _____
 - _____
- For dinner food/drink I will have the following:

- I will enjoy dinner here: _____
- Evening activities will include:
 - _____
 - _____
 - _____
- When I die, these people will be with me (write ALONE here if you prefer to be alone when you die):

NOTE: SEE CONSIDERATIONS ON THE NEXT PAGE THAT MAY HELP WITH THE ITEMS ABOVE

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CONSIDERATIONS WHEN FILLING OUT FINAL DAY ACTIVITIES

- Among the concerns/fears people express about dying include: being alone when they die, being vulnerable after being strong for so long, and many more listed here: <https://www.dyingmatters.org/page/TalkingAboutDeathDying>
- Fears I have when thinking about my death include:

- Given these concerns, are there actions on the last day - or before - to help ensure those fears aren't realized?
- Have I completed my Binder of a Lifetime (BoaL) and gone over it with my loved ones? [binder pages here: <http://www.longmemories.info/binder-of-a-lifetime-resources>]
 - Are there any BoaL "bucket list" items I want to do now?
 - It's enjoyable to share time with loved ones reviewing and laughing at some of the 100-200 pictures summarizing life
 - Any aspects of your At the End pages 1-5 require some discussion?
 - What about Key Info you need to review with trusted advisors?
 - Any Reflections warrant discussion?
- Which precious friends/family need to get my **Four Things That Matter Most**** conversation one last time?
- Any updates I want to make to my final email (if I've composed one) to friends/family?
- Any letters/cards/texts/emails to write?
- Any final calls to make?
- To do this for last week or last month, duplicate the previous page and fill it out for multiple days as you see fit
- LAST, BUT NOT LEAST: WHICH OF THESE ACTIVITIES COULD YOU DO NOW SO THAT YOU HAVE THE ENJOYMENT PRIOR TO THAT LAST DAY (WHICH MOST OF US DON'T GET THE BENEFIT OF KNOWING WHEN THAT LAST DAY IS, ANYWAY?)

RESOURCES

- How to Prepare for Death <https://www.rd.com/list/how-prepare-for-death/>
- Planning Your Own Death <http://www.oktodie.com/pdf/planningyourowndeadth1226.pdf>
- ** Four Things That Matter Most <https://irabyock.org/books/the-four-things-that-matter-most/>
- Talking about Death & Dying <https://www.dyingmatters.org/page/TalkingAboutDeathDying>
- Quotes About Last Day of Life <https://www.quotemaster.org/last+day+of+life>