

Getting Ready for a Journey to the Great Beyond

HOW TO USE THIS WORKSHEET: *This two-page form can help a person “get things in order” for when he or she leaves this earthly life. You may wish to have a trusted relative or friend assist you as you fill it out. Add pages if you need more room. Decide who should have this information, and make sure copies are given to them.*

My name, birth date, and today’s date:

Names and phone numbers of people who have copies of my written instructions for health care (“Living Will” or “Advance Directives”), for sharing my worldly possessions (trust documents; Last Will & Testament), and for donating my organs if that is my wish:

How I would describe my physical health at this time:

How I would describe my spiritual faith and well-being; how close I am to God; how angry I am at God, if at all:

A “thumbnail sketch” of my life:

What I plan to accomplish in the time remaining in my life on earth:

People with whom I want to “make peace”; things I have allowed to go unspoken, but which I now want to say:

Advice I would like to give:

People I want to thank:

How I'd Like to Be Remembered When I'm Gone

(Page 2 of a 2-page form)

The place I would prefer for my memorial service and the person I would choose to conduct it:

Other people—eulogist, soloists, pallbearers, for example—who I hope will participate:

Favorite hymns or other special music:

Favorite Scripture passages or other readings:

What I hope people will say at the service; special words that might “sum up” my life:

Preferences concerning casket or urn, memorial marker, and my final resting place:

Favorite flowers, clothing, or other information helpful to my family and friends:

Other things I think a form like this should include:

Signature Date

Witness (optional) Date