



END OF LIFE PLANNING QUESTIONNAIRE

Name: *Seems obvious, but do you have a nickname or other you would prefer used?*

Address: *What is your current address, phone numbers, landlord name and number?*

Notification: *Who should be notified of your death—maybe a faraway friend or relative? Who may not hear from your loved ones? Would you want this notice shared on social media?*

Legal Documents: *Do you have a will with an executor? Do you have an advanced care plan with Substitute Decision Maker? Who is your POA? (Power of attorney) The more you have in place, the less room there is for discrepancies for family left behind.*

Costs: *Do you have life insurance coverage or have you already prepaid for your funeral? Do not leave a financial burden to those left behind. Maybe it is time to tell someone about that secret stash of money under your pillow!*

Utility Companies to Notify: *Who will need to be notified? Mortgage, vehicle, gas company, water bill etc.? This can be an overwhelming process if someone else does not know how to access your account information or who to call. Have a complete list of your bills, passwords and access codes!*

Make certain that more than one person knows where all of these important documents are and how to access them.

Organ donation: *If you choose to give this gift, are you registered as a donor? Are your loved ones aware of your choices?*

Burial or Cremation? *When choosing, be mindful of the carbon footprint we leave behind and the land used. Do you have a favourite spot your loved ones can visit to remember you? We can create special places to honour those who have died.*

Funeral or Celebration of Life? *Discussing this with your family now, can also alleviate any disagreements about what you would have wanted. Small, large, family only, everyone in town? Which would you choose? What would be important to your loved ones?*

Children/Dependants: *It is imperative to have a clear plan who should raise your children, should you AND your spouse die, or if you are a single parent. Include your children in the planning. If you have pets, plan for them too!*

Belongings: *Are there special items you would like certain people to have? Write it all out and if you foresee problems, discuss them NOW! What about the items that nobody wants? Would you like to donate them to a certain charity or organization?*

CREATE YOUR LEGACY

Obituary: *Have you ever read an obituary? What would you like people to remember most about you?*

Regrets: *Think of the regrets in your life you would have, or would not have. Live your life so that you don't have them.*

Loved ones: *Consider writing a little note or letters of love, encouraging your loved ones to grieve then find joy again. Write letters of forgiveness, or asking for forgiveness—perhaps those can be given out now!*

What else is important to you? *Is there something that you have thought of as you work through this questionnaire? Something that only you would know about?*

What else will matter to your loved ones? *Remember... they need to grieve and to honour you.*



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CREATE YOUR LEGACY –

More space available below

Obituary:

Regrets:

Loved ones:

What else is important to you?

What else will matter to your loved ones?

Notes:

**Plan your life so you can live fully, plan your death so you can die peacefully,
~Love Your Life to Death~**