



**PREPARING
FOR
DEATH**



WORKBOOK

There is a very good reason that we find it difficult to talk about Death - it's **REALLY** hard and can be incredibly emotive.

I'm thrilled that you've been interested enough to take a look at this workbook, but please be kind to yourself while working through it, take breaks when you need to, and seek help if things get too hard.

Let's start with your thoughts about death, and your beliefs about what might happen when we've taken our last breath? What do you think?





How might your thoughts and beliefs influence the plans you make for your own death?

Do your family and friends know about your beliefs? Is this something you openly discuss? Is this something you COULD openly discuss?

If you could haunt anyone after death, who would it be and why?



If you died today, what would you wish you had said?

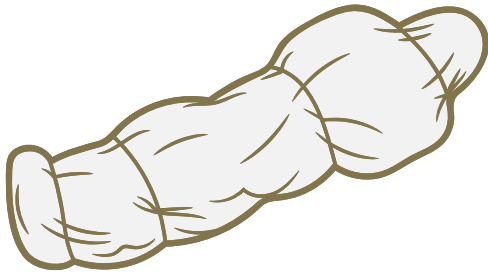
What's stopping you from saying it now?



**Have you thought about what you might like at your funeral?
Maybe you have more idea about what you don't want!**

What music do you want playing? Or maybe there's something that you definitely don't want playing!





Did you know you can just get buried in a shroud? No need for a coffin if that's not what you want.

There are so many different things that you can do for your funeral that might be different from what we view as mainstream. If you could have anything you wanted, what would it be?

Have you talked to your family about what you might want, or written down your wishes? Could you do this?



**Do you have a will? What about power of attorney or medical power of attorney?
Do you know what this involves?**



**What things would be locked away forever if you were to die suddenly?
Photos or videos on phones or laptops etc**

What kind of stuff around the home do you take care of that nobody else knows how to do?



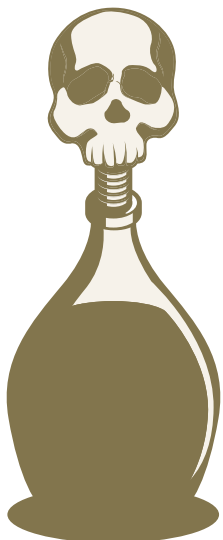
Could your loved ones access money if you were suddenly gone? Could they pay the bills?

Have you ever thought about how your death might look? Do you know where you want to die. Have you made a plan?



It's hard for many of us to imagine how our deaths might look, but thinking about what we like and dislike when we're ill can be a good insight into how we might feel.

How do you feel about being heavily medicated as you approach Death?



If you knew you were going to die next week, how would you spend your last days? What's on your bucket list?

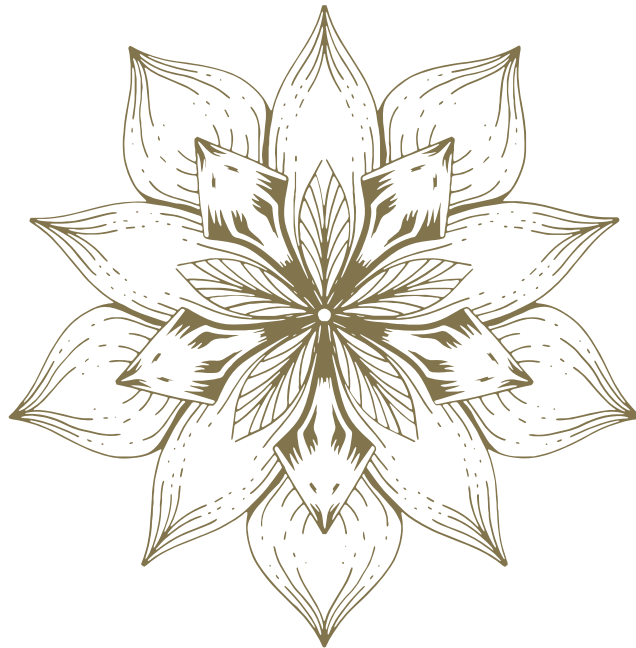


Four horizontal lines for writing, each preceded by a small heart icon.

What's stopping you from doing those things now, while you can? I encourage you... go!

Take a deep breath and give yourself a pat on the back! This is tough work, and you may have thought more about your death than you ever have before.

However, I've found that the more I think about my death, the more fulfilling my life is.



Thank you for taking the time to consider some of these things with me - they're really important and I'd love for you to continue the thought process and planning.

We've only just scratched the surface, but if you'd like to delve deeper, reach out, I'd love to support you.

