

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](http://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**

**NAME:** \_\_\_\_\_

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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**
- **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**

**NAME:** \_\_\_\_\_

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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 Boring 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; Ave Maria; Dance With My Father; I Will See You Again; On Eagles' Wings; Turn, Turn, Turn; Lean on Me; Never Alone;*
- **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)*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**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)