

## ***Worksheet #1: Preparing for My Own Dying***

**My greatest hope and desire for my own death in any circumstance is:**

**My fantasy deathbed scenario in which this happens is:**

**I could imagine the following supports being helpful in my dying:**

***Actions I may need to take now :***

**I realize that there are many ways to die that none of us can anticipate. For each of the following types of death, I could imagine that the following things might help me:**

**1. Timely or welcome death at end of a long life.**

**2. Prolonged untimely death through disease or other degenerative processes.**

3. Sudden or Untimely Death due to natural causes (such as accidents)

4. Violent Deaths

*Actions I may need to take now in order to address these concerns:*

I have the following concerns about what happens during or after I die:

In a hospital:

At home:

In a Nursing Home:

In an Emergency Situation:

Things that might help me with those concerns are:

In hospital:

In home:

In Nursing Home:

In an Emergency Situation:

*Actions I may need to take now in order to address these concerns:*

**AFTER DEATH:**

It is important to me that the following people know about my death:

After I die, I have the following preferences about how my body is handled:

*Actions I may need to take now in order to address these preferences:*

After I die, I believe that offering the following spiritual practices will help me:

After I die, I have the following concerns about or wishes for my survivors:

*Actions I may need to take now in order to address these concerns:*

I would like the following funeral home or person to be involved with the care and preparation of my body.

*Actions I may need to take now in order to ensure this:*

I have the following preferences about where I am waked or interred before cremation or burial:

*Actions I may need to take now in order to address these concerns:*

Clothing I would like to be buried/ cremated/ waked in:

Other things I might want to be buried/cremated/ waked with:

I have the following preferences about being buried, scattered, interred :

Procedure or Process:

Casket or other containers:

“Final resting place” (Location):

Tombstone , Marker or Plaque:

*Actions I may need to take now in order to promote these preferences:*

Notes about what I might like for my funeral/memorial service/shiva/cremation/burial ceremony.

In the best of all worlds...

I would like the following people to be involved with my ceremony:

I would enjoy the following music/ readings / acts / rituals to be performed for me:

What I would like the people that come to know / feel / do/ receive the following:

Things that I don't want for my ceremony:

*Actions I may need to take now in order to address these desires:*

Things that are important for my survivors to know:

*Actions I may need to take now to insure that this is made known:*

Instructions for possessions and things that I leave behind.

**It is important to me that the following things be cared for or distributed in a certain way:**

*Actions I may need to take now in order to address these concerns:*

**Instructions for dependent relationships (if any):**

*Actions I may need to take now in order to address these concerns:*

**Other Concerns, Requests or Issues you would like to address:**