THERE'S NO WRONG WAY QUESTIONS

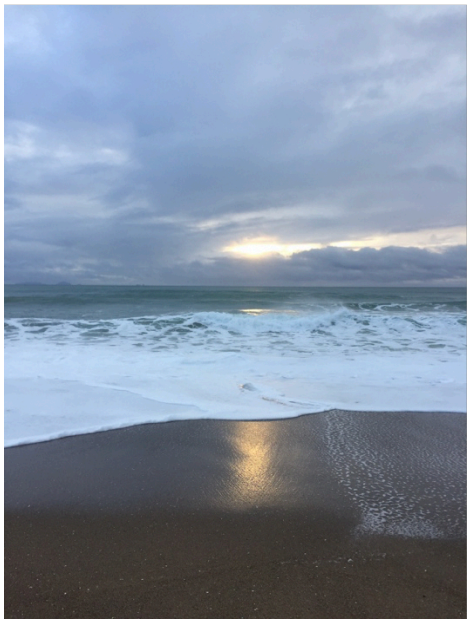
TO INITIATE A CONVERSATION ABOUT DEATH YOUR LEGACY.

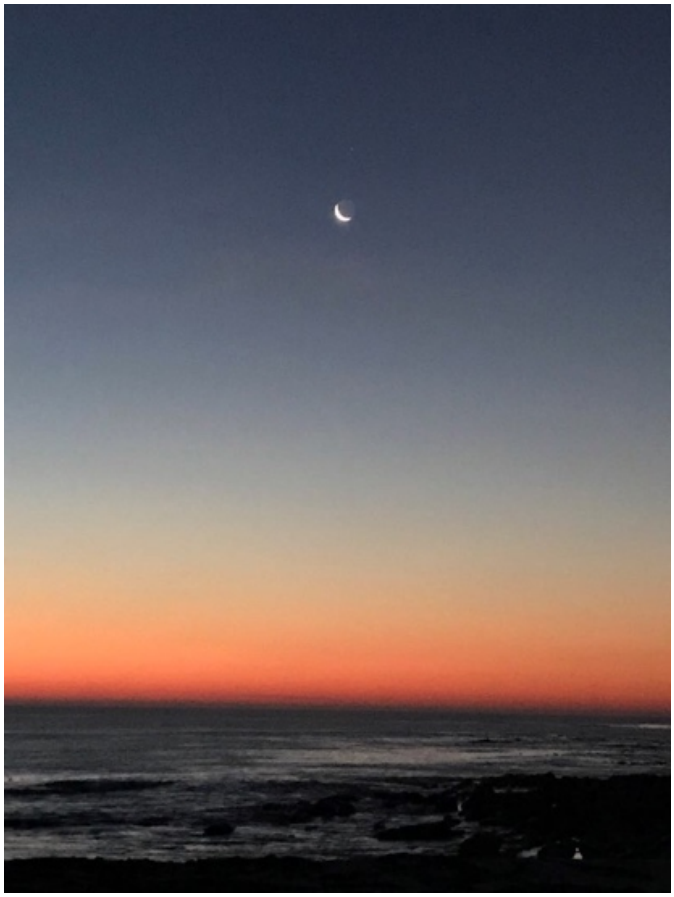
These questions are designed to support you to have a conversation about the kind of death you want, the opportunity to reflect on your life and the kind of legacy or memory you want to leave behind. They are starters in a conversation about the hard truth of death and an attempt to soften the process by creating the gift of a clear path to follow for those who are left behind.

First there are the questions which have been gathered with care to create an overview of what you would like as you die. The next section is about your reflections on your life. There are some conversation starters listed under each question.

Consider these both a smorgasbord – choose what you like and leave the rest, and a leaping off point- let these questions lead you where you want to go. You might want to write the answers or record them so there is a memory of your voice.

Go gently and kindly or fiercely and crankily, however you do this is ok. This is about your life and your death.





In the weeks before I die I would like...

(a party, a memorial service I can go to, quiet, to see the ocean, to sit under a kauri tree, paint, ...)

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_____
_____
_____
_____
_____
_____

As I am dying I would like....

(music, scent, people present, candles, jokes, ...)

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_____
_____
_____
_____
_____
_____

As soon as I die I would like....

(music played, champagne, song to be sung, silence, how would you like your body to be tended to....)

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_____
_____
_____
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_____

Before my funeral I would like

(to wear a certain piece of clothing, to have a casket people can draw on, not to be embalmed, to stay at home...)

At my funeral I would like.... (Music, certain people to speak, certain photos, to have something special in my casket, something special on my casket, to be buried/cremated...)

_____
_____
_____

After my funeral I would like

(A big party, my favourite food at the wake, everyone to go to the beach...)

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_____
_____
_____
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_____

In the years to follow I would like....

(You to think of me when you see..., to have a glass of my favourite whiskey on my anniversary, to wear my....)

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Legacy questions.

These are what you leave behind for your loved ones. They offer a clear path which helps them to honour and celebrate you.

How do you want to be remembered?

(Kind, grumpy, lazy, generous, hardworking? Think about your qualities and your roles....)

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_____
_____
_____
_____
_____

What do you want to be remembered as being good at? (skills, talents, achievements)

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_____
_____
_____
_____
_____

What are you proud of?

What are the important lessons you have learned?

What are some of the most precious or important experiences you have had?

Is there anything you wish you could have done?

What do you want to encourage your loved ones to do with their lives?

_____
_____
_____

What do you think you will miss the most?

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What do you want people to say to each other when you are gone?

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_____

What do you wish people would say about you when you are gone?

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What would you like to be able to whisper to them as they grieve?

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When your loved ones are sad what would you like them to say or do or remember?

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_____
_____
_____
_____
_____

What would you like them to notice?

I'd like you to think of me when....

Here are some things you might like to say something specifically about;

Children Nature The future

what I believe

Work What I made What I hope for