

# Reality of Your Mortality® Planning Checklist



## Setting the Foundation

*Foundational work will help ensure that all of your planning choices, tasks, and actions, reflect your values and priorities. Without this, you'll either get stuck or you'll be at risk of making choices that just aren't right for you.*

### Making Sense of Life and Death

Explore and clarify my values, hopes, fears and beliefs around my life, death and dying.

### Grieving and Healing

Understand how grieving past and current events may be hindering me from moving forward. Get a sense of what others may experience when I die.

### Legacy, Love Letters® and Heart Wills®

Reflect on my life story and who and what matter most and write lasting messages for those I love and for future generations.

## Making Choices

*The topics in this category are what most people think of when we think about getting affairs in order, or end-of-life planning. For each of these tasks, it's important to reflect on what is stopping you from moving forward.*

### Departure Directions®

Learn about options and articulate wishes for my after-death care, final disposition, and goodbye rituals. Budget and Plan.

### Health, Personal-Care Wishes and Decision Making

Articulate and share what's important about how my health and personal care will be handled. Complete substitute decision-maker forms and advance directives.

### Financial and Legal Authority

Learn about and engage in estate-planning, and prepare documents to ensure my people and assets are cared for according to my values and wishes.

## Clearing the Way

*These topics are often neglected in end-of-life planning. Getting these tasks done will ease the way for those who are left behind, and enable you to make the most of your precious and finite life.*

### Organizing and Recording

Downsize, declutter, organize and record information, accounts, policies, memberships, key contacts, my online life, and consolidate documents.

### Unfinished Business

Consider healing relationships that need mending. Reflect on and possibly attend to unfulfilled dreams and wishes.

### Courageous Conversations

Share insights and communicate my wishes with the people who need to know. Learn about the hopes, fears and desires of family and friends.



Daralynn Wei of Orderly Affairs is a licensed Willow End-of-Life Educator.  
Visit [www.orderlyaffairs.ca](http://www.orderlyaffairs.ca) to book a free consultation with Daralynn today.