My name:

Dear Family and Friends,

In reviewing my life and reflecting on what matters most to me, I wanted to take a moment and share some important information with you.

If you are reading this, it means that I have passed on suddenly and unexpectedly. I know that my sudden loss is a very big blow to you and our loved ones. I am so sorry that you are experiencing this sadness and that I did not have an opportunity to say goodbye. Let me start by saying that I am very grateful to you for your loving care and concern.

To:

I want you to know that I am so proud of you.

To:

I want to ask for your forgiveness for hurting you. I am so sorry.

To:

I want you to know that I was ready to put the past behind us. I also very much wanted to work to rebuild our relationship in the time I had left.

To:

I want to thank you very much for everything you have done for me.

To:

I want you to know that I love you very much.

To:

I want you to know that no matter how it all turns out at the end for me, I am very grateful to you for your loving care and concern. Even if I do or did experience pain or distress at the end, I do not want you to feel any guilt, anger, or unhappiness over it, as nothing would make me sadder than to think that you are distressed over what happens to me.

Thank you all so much for everything you have done for me. It has been a true honor, pleasure and a privilege to have you in my life.

I truly hope you find peace and joy in the years to come.

I love you very much.

Yours,