

Physical: *creating comfortable, safe, healing environments*

- 1) Describe your relationship with your body.
- 2) What is disappointing, painful, uncomfortable or incomplete in relationship to your body?
- 3) What, if anything, would you like to change about your relationship with your body?
- 4) What well-tending is your body longing for now?
- 5) How would you like to honor or celebrate your body and your relationship with it?
- 6) Where would you like to be (place or physical environment) during the last months, weeks, days of life?
- 7) Who would you like to attend to you physically if you need help? How do you want them to support you?
- 8) What types of relaxation/awareness assistance would you like to receive?
- 9) What types of pain/symptom management would you like to receive?
- 10) What aversions to your physical body do you have?
- 11) What fears do you have about dying or being with others who are dying or “getting old”?
- 12) What fears do you have about becoming frail, thin, bony, ugly, dependent, needy, alone, out of control, in pain, being in a hospital, being in a nursing home?
- 13) What methods of physical care would you want administered and which ones are you clear you would not?
- 14) Is there anything you have ever heard of or could imagine that you would like that is outside the realm of traditional/conventional medical support?
- 15) What are the most important actions you would take in relationship to your body and physical environment?

Emotional: honoring feelings and relationships

Reflection Questions

- 1) What do your emotions and relationships mean to you?
- 2) What emotions are you noticing as you approach end of life? How would you describe them (i.e. painful/pleasurable, comfortable/uncomfortable, fleeting/persistent, hopeful/limiting)?
- 3) Describe your emotional life / your emotional nature and any challenges you have with anger, grief, joy, sadness, anxiety, or other feelings.
- 4) Identify a personal relationship associated with each of the emotions above.
- 5) What relationships are most important to you as you approach end of life? How do you imagine them changing as you cross this threshold?
- 6) Which relationships in your life right now need healing and completion?
- 7) Which relationships in your life right now need honoring and celebration, and recognition?
- 8) Which one(s) do you need to focus on?
- 9) What do you long to receive emotionally as you approach and move through end of life? What are you a "Yes!" for emotionally and/or relationally?
- 10) What is disappointing, painful, or incomplete in relationship to your emotional and relational well-being as you approach end of life?
- 11) What regrets do you have in relation to your emotional and relational life?
- 12) Who do you trust to tend to your emotional and relational well-being? How might you want them to support you?
- 13) What are the most important actions you would take in relationship to your emotional / relational life?

Mental: legacy, purpose, and life review

Reflection Questions

- 1) What thoughts are you noticing as you approach end of life? How would you describe them (i.e. painful/pleasurable, comfortable/uncomfortable, fleeting/persistent)?
- 2) How are you connected to a sense of purpose (personally and/or professionally) now, and how do you imagine that changing as you approach end of life?
- 3) What pivotal times in your life have made you who you are?
- 4) What has given your life meaning? What is the theme of your life story?
- 5) What are you most proud of in your life? What has been your most important contribution?
- 6) What is the most important moment in your life?
- 7) What are your favorite passions?
- 8) What do you want people to know or remember about you?
- 9) What would your friends say about you?
- 10) If you could pass on any wisdom or advice, what would it be?
- 11) What thoughts bring you comfort, peace, and relief right now?
- 12) What is disappointing, painful, or incomplete in relationship to your mental well-being and your connection with purpose as you approach end of life?
- 13) Who do you trust to tend to your mental well-being? How might you want them to support you?
- 14) Is there anything you need to do or say to feel complete in your life?
- 15) What regrets do you have in relation to your life's purpose and meaning?
- 16) What are the most important actions you would take to feel complete with the meaning of your life?

Spiritual: honoring beliefs and practices

Reflection Questions

- 1) How do you define spirit? What does spirit mean to you?
- 2) What are your spiritual beliefs about end of life?
- 3) How do you imagine your connection to spirit changing as you approach end of life?
- 4) What are your beliefs about the afterlife?
- 5) What spiritual beliefs and practices bring you comfort, peace, and relief right now?
- 6) What spiritual rituals or practices are important for you to do or to have others support you?
- 7) What do you long to receive spiritually as you approach and move through end of life? What are you a “Yes!” for spiritually?
- 8) Who do you trust to tend to your spiritual well-being? How might you want them to support you?
- 9) What spiritual challenges, issues, or aversions do you live with now? How might they relate to end of life?
- 10) What is disappointing, painful, or incomplete in relationship to your spiritual well-being and/or your connection with spirit as you approach end of life?
- 11) What regrets do you have in relation to your spiritual life?
- 12) What are the most important actions you would take in relationship to your spiritual life?

Practical: honoring the body after death

Reflection Questions

- 1) Do you know what your options are?
- 2) Who do you entrust / designate to uphold your wishes?
- 3) What don't you want to happen?
- 4) Do you have a will, advanced directives, power of attorney, etc.?
- 5) What would you like the arrangements after you die to look like?
- 6) Do you want to be buried or cremated? Do you want a green method? Gift your body or organs to science?
- 7) What location and what service/rituals/ceremony do you want for your body/ashes (i.e., funeral, wake, obituary, celebration)?
- 8) How do you want your body cared for? (i.e., embalmed, dressed-up, make-up)
- 9) Are there any cultural / spiritual / ritualistic practices that you would like honored?
- 10) Do you have specific belongings that you want to designate to someone so that there is no ambiguity after your passing?
- 11) Is there anything that is important to you to put in place for your loved ones/others before your passing?
- 12) What other practical matters (i.e. legal, financial, logistical) are you aware of as you approach end of life? How would you describe them (i.e. pressing/manageable, opportunities/obstacles, short-term/long-term)?
- 13) Who do you trust to tend to your practical (i.e., legal, financial, logistical) well-being as you approach end of life? How might you want them to support you?
- 14) What regrets might you have regarding the care of your body after death and other practical matters if you do not attend to them now?
- 15) What are the most important actions you want to know have been taken to feel complete with your body's attendance and other practical matters after you die?