

The ending I'm exploring is...
The amount of time I have is ...
What I imagine about this ending is...

Physical
honoring the body
and environments

Emotional
honoring feelings
and relationships

Mental
honoring life, legacy
and purpose

Spiritual
honoring beliefs
and practices

Practical
honoring legal, financial
and logistical matters

*What's
true now?*

*What's
mine to
do?*

*What do I
want?*

Weave in Ends Care Plan
for well-tended endings

Women of the Water
WomenoftheWater.com