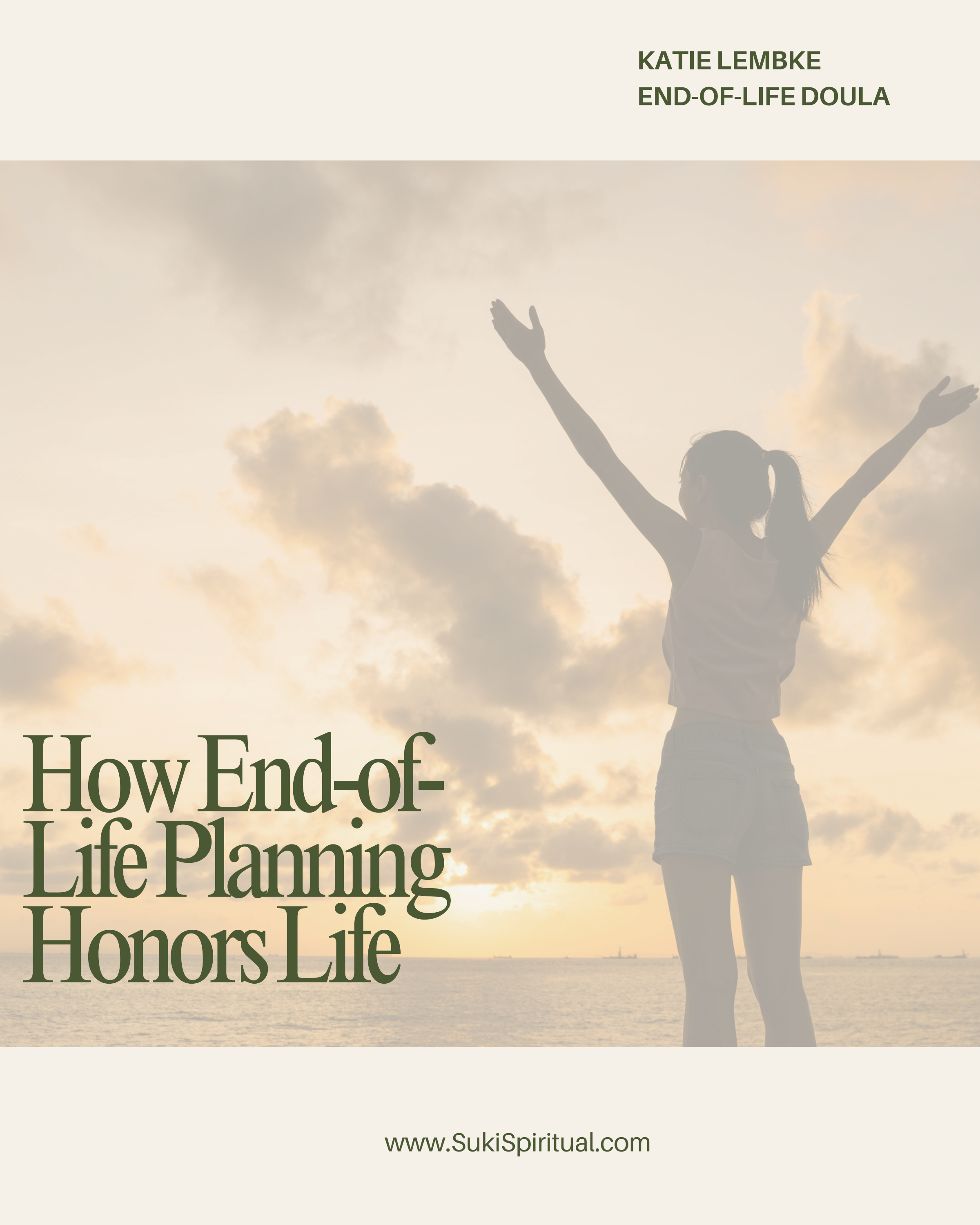


KATIE LEMBKE
END-OF-LIFE DOULA



How End-of-Life Planning Honors Life

www.SukiSpiritual.com

Create Space for Life

Uncertainty can keep us caught in silent loops of fear, imagining the unknown without ever giving those thoughts a place to land. Planning creates space to ask questions, express your wishes, & find greater clarity so you can spend less energy worrying about the future & more time living in the present moment.



Deepen Your Connections

Talking openly about your wishes, fears, values, & hopes for the future can feel daunting at first. But once that initial wall comes down, it can open the door to deeper, more frequent, & more honest conversations, not just from you to your loved ones, but from them to you, too. These conversations aren't just about what happens at the end of one's life. They're an opportunity to be seen more fully, share what matters most, & strengthen the connections you have today.



Discover What You Share

Conversations about life, legacy, & what matters most can uncover more than memories. They can reveal shared interests, family gifts, & experiences waiting to be explored. Maybe there's a skill you've inherited, a passion you've never pursued, a family tradition worth bringing back to life, or an experience a loved one has always wanted to share with you. You don't have to wait until someone is gone to honor what they've given to you. There's still time to discover what you share, learn from one another, & create new memories together.



Choose What Matters

What does a meaningful life look like to you? Where do you want to be? What do you want to experience? How do you want to spend your time, serve others, & be remembered? Oftentimes we don't give ourselves the space to explore these questions until a loss, diagnosis, or unexpected life change make us reconsider what matters most. But we don't have to wait for a wake-up call to start asking these questions. End-of-life planning invites you to consider these questions proactively so you have the opportunity to live the life you want to live while you're able to live it.



Sometimes, Legacy Looks Like a Motorcycle

About two years ago, my parents & I started having conversations about end-of-life planning. As we sat together over coffee, watching cars & motorcycles cruise along PCH, our conversations moved beyond legal documentation into hopes, fears, & memories. The sight of the passing motorcycles opened up a conversation about my dad building a motorcycle with my uncles when he was young. One of those uncles passed away a few years ago.

Motorcycles had been in the back of my mind for decades, but I'd never followed through with the interest. As those conversations stayed with me, I found myself wanting to explore it, not only for myself, but as a way to honor my uncle while my dad is still here to share in the enthusiasm. With a little push from the Universe, I found myself taking a motorcycle training course & recently earning my license. Pursuing something that had been quietly calling to me for decades felt empowering in its own right, helping me feel more confident & more fully myself. When I told my dad, it opened up even more conversations between us. It reminded me that legacy isn't only what we leave behind. It's also what we awaken in one another, what we choose to carry forward, & what we still have time to experience together.

Katie Lembke

Book A *Free* Call



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