

KATIE LEMBKE
END-OF-LIFE DOULA

Why End-of-Life Planning Matters

www.SukiSpiritual.com

Everyone Deserves Dignity & Choice

End-of-life planning helps ensure your wishes are known & respected: from who you want by your side & the environment you want to be in, to the spiritual practices you embrace or decline & how you want to be remembered. Your values, preferences, & personal choices matter.



Planning Reduces Stress

Having plans & important information organized helps both you & loved ones feel more stable & present, especially when loved ones are also providing care. It helps them offer support that feels meaningful rather than intrusive, prepare for what lies ahead, & avoid unnecessary disagreements during an already challenging time. Knowing where everything is also gives loved ones one less thing to worry about when they're grieving.



Open, Honest Conversations Create Peace of Mind

Talking about end of life doesn't
have to be morbid or isolating.

These conversations create
opportunities to share fears, hopes,
values, & wishes that might
otherwise go unspoken. By making
space for honesty & understanding,
families can deepen their
relationships, grow closer, & find
peace of mind in knowing one
another more fully.



The Focus Switches to Living Well

When worries about loved ones, the future, or unspoken fears no longer have to be carried alone, there's more room to live freely & authentically.

Planning & honest conversations can ease the weight of uncertainty, create space for deeper connection, & even help families discover shared ancestral gifts, traditions, & passions they can explore together while there's still time.



Katie Lembke

Book A *Free* Call



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