



Last Impressions Guide

Congratulations on deciding to plan ahead for your end-of-life! You are well on your way to peace of mind and relieving your family from making difficult decisions.

This Last Impressions Guide is designed to help you honor special moments and leave personal touches with your loved ones. It includes things that might traditionally be missed in paperwork, but that may hold special meaning to your family and friends.

This Guide includes a checklist to help you keep track of your progress as you go, as well as a workbook to help you document your decisions.

Checklist

- Share your stories and traditions
- Determine what special keepsakes you'd like to have set aside for loved ones
- Write your last notes and social media posts
- Select a headstone (if applicable)
- Write your obituary



Workbook

IMPORTANT DECISIONS FOR:

Date: _____

Share stories and traditions:

Included here are traditions that are important to me that I would like to continue to be celebrated:

Included here are special recipes I'd like to pass along to my loved ones:



Included here are my favorite memories:

Included here are some of my proudest accomplishments:

My favorite songs:



My favorite hobbies:

Things I'm leaving behind:

Below is a list of items that hold special meaning and are not included in my will, but that I would like to have handled accordingly:

- Item and location:

- Notes:

- Item and location:

- Notes:

- Item and location:

- Notes:

- Item and location:



○ Notes:

• Item and location:

○ Notes:

• Item and location:

○ Notes:

Choose your final words:

Summarize your life story.

Where did it all begin? What brought you to today? Tell your story and the moments that had the most impact on your life.



Compose a final note to your loved ones.

Include here any final words you'd like to leave your loved ones with.

Write your last social media posts.

Craft any last social media posts you'd like shared after your passing.

Choose a memorial headstone or etching (if applicable).

If you are writing a headstone, here's what you'd like it to say:



Write your obituary.

This can be a powerful exercise. An obituary is one of the most important ways you are remembered, but many of us leave it up to our loved ones to write when they are grieving. Taking the time to write it in advance not only saves them from this task, it makes sure you are remembered with the highlights that are important to you. Many people also say that reflecting on this exercise can give you the chance to change your legacy.

Next steps:

Pat yourself on the back! You've just completed a huge step on your end-of-life planning journey. One step closer to peace of mind. Check off the Last Impressions Guide on your Planning Ahead Checklist, and let's move on to any other Guides you're ready to complete.

Don't forget to store this completed checklist safely and securely, where loved ones could access it when needed.