



## EXAMPLE OF A PERSONAL MESSAGE

Date

Dear Loved Ones,

I would like to share some thoughts about my dying. Whoever reads this knows that I care enough about them to let them into my thoughts.

I just filled out a Values Worksheet. I discovered some things I would like you to know. I don't like the thought of pain. I don't mind being around for a while, even if I'm dying, as long as I can think straight. No surgery unless it's going to cure me. I want to know everything that is going on and be involved in all the decisions. No nursing homes or hospitals, if possible. I want to know that the lives I leave behind are being tended to and that my care does not impose a financial burden when my quality of life no longer exists.

The most important thing to say is that I have had a lot of great times all these years, so "no sad songs for me." Make jokes at my memorial service. You can cry because you will miss me, but not because I had to die. Everybody does.

With love,

Your name

## OTHER ITEMS THAT COULD BE PLACED IN THIS FOLDER

- Obituary
- Funeral/Wake/Memorial ideas, songs, speaker requests.
- Personal letters from you to be handed out to individuals at the time of your death