

# A Beginner's Guide to the End

## *Practical Advice for Living Life and Facing Death*

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When it comes to death and dying, everyone's experience is unique to their circumstances, but there's one area where we are similar: we all leave something behind. It may be a collection of recipes, a relationship that wasn't quite mended, a mountain of paperwork to get through, or a love letter. Whatever it is, you can give a gift to your loved ones by completing a *When I Die File*. Putting all your completed documents in one place gives them peace of mind and less busywork when they're in a state of stress and grief. It will save your loved ones time, money and heaps of unnecessary suffering. Getting your plans down on paper requires some investment and busywork, but you will feel lighter having done it. Though you can't avoid death, this is one place where you do have control. This is yours.

### **What to put into your "When I Die" file**

The practical considerations for closing accounts, completing necessary paperwork and legal requirements:

- Will and living trust (with certificate of trust)
- Paperwork that names your designated proxy for decision making
- Life insurance information plus your agent's name and contact information
- Bank account and any safety deposit box information
- Birth certificate
- Passwords for phone, computer, email and social media accounts

The emotional considerations that will make your passing easier on those who are left behind:

- Your ethical will, what are your life lessons and values?
- Letters to loved ones. Once you're gone, this will be a huge comfort to those who miss you
- Your story, what made you *you*? This can be written, or just a video captured on your phone
- Instructions for your funeral or memorial, is there a certain song you want played? A favorite dish you want everyone to share?

It's not an easy thing to do, but getting all your documentation done buys you and the people you love a lot of freedom from unnecessary suffering of sorting through baggage, both the psychic kind and the actual book of bank documents. Lighten the load so you can be more present for the rest of your life.