

TIP SHEET

The Death Doula's Guide to Living Fully and Dying Prepared Workbook

OPENING QUESTIONS

- Where do I want to start?
- Where do I want to end up?
- Who is my Death Journal for? Myself? Others?
- What is my preferred mode of creative expression? Written words, audio/video recordings, poetry, collage, art, music, etc.?

WHAT ARE MY GOALS?

Open exploration? Pg. 17
Relieving death anxiety? Pg. 39-46
Healing the past? Pg. 85-97
Reflecting back? Pg. 98-103
Turning inward? Pg. 107-123
Remembrance gifts? Pg. 124-130
Planning ahead? Pg. 135-167
Providing care/edu? Pg. 11-16

DEATH JOURNALING

A gentle invitation to reflect back, turn inward, and plan ahead with creativity and courage (pg. 3-4).

HEALTHY PREPAREDNESS

An Honest Exploration of Mortality, Self, Life, and Death=> Expressing and Sharing => Preparing and Planning (pg. 21-22)

DEATH LITERACY

Knowledge of the dying process and deathcare system (pg. 47-52).

REMINDERS

- Personalize: “TRY & MODIFY” and “PERUSE & CHOOSE” (pg. 1)
- Everyone has unique wishes, worries, and pacing
- Remember: *It often feels too early until it's too late*
- Questions or resistance? Read pages 4-10

