LIFE Stuff



Death Wishes

PLAN YOUR OWN FUNERAL

WELCOME

This workbook is your guide to planning a meaningful and memorable farewell event for yourself. We understand that thinking about your own funeral can feel .... strange. But it’s not morbid; it’s incredibly practical and empowering.

By taking control, you can create an event that truly honours your life and fulfils your wishes. This book will help you to craft a memorable experience for your family and friends that speaks to who you were and how much they meant to you.

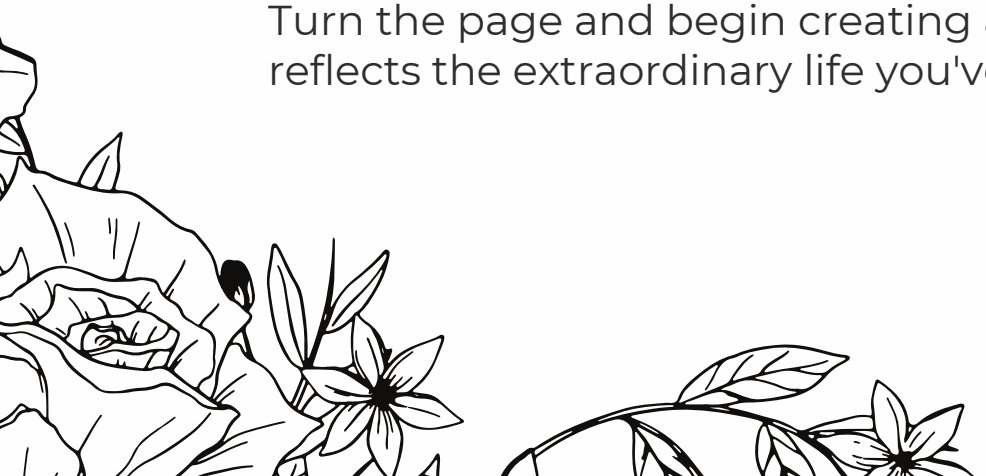
Picture an event that reflects your unique personality – the music you love, the stories that capture your spirit, and the kind of celebration that feels right for you.

This book is designed to make that vision a reality. Through a series of easy-to-follow sections, you'll explore your preferences, document your wishes, and even craft your eulogy (if you choose!). You'll find space to share stories and memories of - or from - loved ones, ensuring your legacy lives on.

Planning your funeral isn't about dwelling on endings, it's about creating a beautiful and empowering final chapter. A chance to say goodbye on your terms, express your love, and leave a lasting impression on those who hold you dear.

Turn the page and begin creating a farewell that reflects the extraordinary life you've lived.

Sonia



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“YOU
DESIGN YOUR
BEST LIFE.
DON’T LET OTHER
PEOPLE WRITE
THE SCRIPT”

- OPRAH

01 WHY

Have you ever thought about your funeral? It might seem like a daunting topic, but planning your final farewell can be a powerful and positive experience. This workbook is designed to guide you through the process, step-by-step, so you can create a ceremony that truly reflects your life and honours your wishes.

Inside, you'll find information to explore your preferences, from the kind of service you envision to the music and readings that hold special meaning.

By taking the time to plan ahead, you can ensure your loved ones are relieved of unnecessary burden during a difficult time. More importantly, you'll have peace of mind knowing your life will be celebrated in a way that feels authentic and personal.

This isn't just about endings; it's about creating a lasting memory, a chance to say goodbye on your own terms, and leave a legacy of love and appreciation for those who meant the most to you.

Let's begin....

.

"You don't have to be afraid of the dark. Remember, the stars shine brightest in the night sky."
- C. JoyBell C.

02 THE DETAILS

First things first - what sort of funeral do you want? Yep - we really are jumping straight in.

Traditionally in Australia, the internment of your body is either by burial in a casket or cremation. When it comes to the service, ceremony or celebration, more options are available.

- Burial: public cemetery, private land or burial at sea
- Cremation

The style of ceremony you choose has greater scope for personalisation and creativity:

- No fuss funerals - stripped back to the bare essentials, with or without a ceremony and mourners. Also called “Direct Cremation”

- Non-religious funerals:
  - Atheist / secular: no reference to the afterlife
  - Humanist: non-religious, and non-spiritual focusing on the life you led, your relationships and your legacy
  - Family-led: A more personal experience than someone who didn’t know you but emotionally, may be difficult

- Spiritual funerals: based on your own beliefs
- Religious funerals: following traditional religious customs and practises
- Private funerals: by invitation only.

These decisions can be difficult for your loved ones to make if they have never been discussed. They have the potential to cause added stress and disagreement during a difficult time. So, even if this is all you do - it will undoubtedly be helpful.

Australian Law:

There are differences across the Australian states regarding local requirements, and laws regarding properly interning the deceased are very strict.

Check your state's regulations to determine what's allowed in your area.

Burial at sea or on private land has specific legal requirements.

Your Choices:

This is either the hardest or easiest part - depending on how you feel about it. This is the moment to put on your practical pants and outline the logistical components of your funeral.

Referring to the options on the previous page - or other personal preference, outline the type of funeral you would like using the prompts on the next page.

"DEATH SMILES AT US ALL,
ALL A MAN CAN DO IS SMILE BACK."
Marcus Aurelius

YOUR CHOICES

Overall style (religious/humanist etc):

Burial or cremation:

For Burial, type of casket? (traditional, budget, cardboard, shroud):

Preferred venue (or style of venue) for the service/ceremony:

Invite only or open:

Include these specific traditions (religious, spiritual etc):

Do you have a pre-paid funeral plan? What are the details:

03 SET THE SCENE

TONE OF VOICE

Find Your Voice: Set the tone for your farewell

Planning your funeral is about creating an event that reflects your unique spirit. And just like your personality, your "farewell voice" can have a distinct tone. This section will help you define that tone, making it easier for those sharing stories and crafting your eulogy to capture your essence.

Consider these aspects:

- **Formal or informal:** Do you prefer a more traditional and dignified atmosphere, or something lighthearted and celebratory?

- **Humorous or reflective:** Would you like your service to have moments of laughter and joy, or a more contemplative and introspective feel?

- **Personal or universal:** Do you want the focus to be on your life story and experiences; or would you prefer readings and messages with a broader, more universal theme?

By defining your tone, you create a roadmap for others to follow. This ensures your farewell resonates not just with the stories shared, but also with the overall atmosphere – a true reflection of the unique person you are.

CHOOSE YOUR WORDS

HERE'S WHERE YOU CAN EXERCISE YOUR VOICE

Choose a few words that describe the tone you'd like for your funeral: warm, humorous, dignified, spiritual, lighthearted, etc.

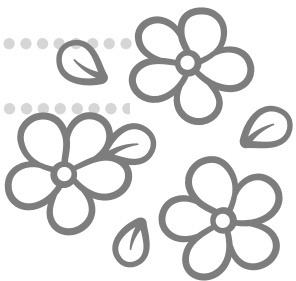
Describe the atmosphere you would like to create that will reflect you. Moments of joy and laughter or contemplative and introspective?

Imagine a short phrase summarising the overall feeling you want to evoke (e.g., "A celebration of a life well-lived," "A journey filled with laughter and love").

READINGS & MUSIC

Any favourite poems or readings that you would like shared or read at your funeral. List the title/author here:

Music can bring a special touch to any event, and a funeral is no exception. Take a moment to list your favourite songs or the style of music you'd love to have played. Be as detailed as you like — whether it’s choosing the perfect opening and closing songs or picking tunes for key moments.



04 ABOUT YOU

This section is all about you! It's a chance to share your story and give those attending your funeral a glimpse into who you were as a person. Here are some prompts and questions to guide you:

Early Life Share some key memories from your childhood, upbringing, or formative experiences

Life Chapters Reflect on your life chapters. List any defining moments: careers, relationships, or accomplishments that shaped you?

MORE ABOUT YOU

Values & Beliefs

What are the guiding principles or philosophies that inform your life?

Personality & Traits

Describe yourself using positive adjectives. What are you known for? Your humour, kindness, resilience, or adventurous spirit?

Passions & Interests

What activities bring you joy? Sharing these can inspire others to celebrate your life by engaging in those same passions.

05 ABOUT YOUR PEOPLE

Share some final words for those closest to you. Your partner, your children, your parents, the family you chose, the family you didn't.

To:

To :

To:

....ABOUT YOUR PEOPLE

Because 3 spots may not be enough....

To:

To :

To:

....ABOUT YOUR PEOPLE

A little more space

To:

To :

To:

....ABOUT YOUR PEOPLE

Because 9 spots may not be enough

To:

To :

To:

....ABOUT YOUR PEOPLE

Photos, sketches, memories, more people.
Free space to fill (if you want)

06 MEMORABLE MOMENTS

Share a few anecdotes or stories that capture your essence and spirit, include the names of people who shared these experiences with you so they feel included in your story.

07 BEYOND THE BASICS

Favourite Things

List things that bring you joy - a favourite book, song, food, or place. These details can be incorporated into the service

Words to Live By

Do you have a favourite quote or motto that embodies your life philosophy? Include it here

How You'll Be Remembered

Beyond achievements, how do you want to be remembered by loved ones?

08 SPECIAL TOUCHES

Ideas for special touches that would resonate with your guests as being something synonomous with you:

- [ ] Ask guests to wear my favourite colour:_____
- [ ] Donate to my favourite charity: _____
- [ ] Have a performer sing my favourite song:
  _____
- [ ] Release bubbles/balloons/paper lanterns:
  _____
- [ ] Suggest a dress code/theme:_____
- [ ] Decorate with my favourite thing - fish if you are a fisherman, dogs if you are a dog lover... You get it!
  _____

None of those sound right? Detail any special touches you would like included. It's your party, go to town

09 ADVICE TO THE LIVING

While my time here may be finished,
the chapters you write next matter.

So, before you raise a glass, raise your spirits and
honour the adventures that await
each of you.

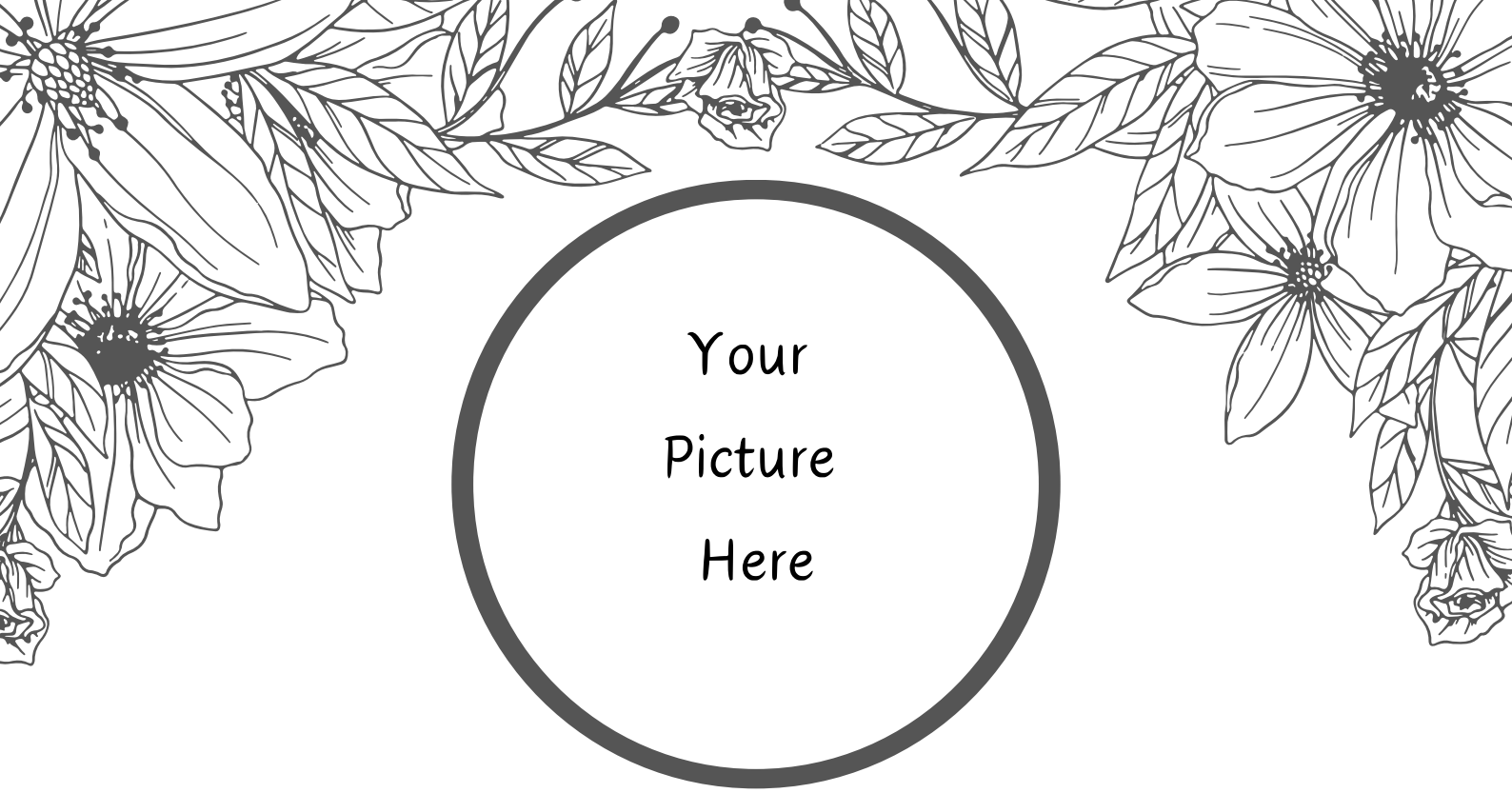
Life is a wild ride, full of unexpected turns
and maybe a plot twist at the end –
so live every day you are given.

Embrace the journey,
chase your dreams with fervour,
and remember the lessons we shared along the way.

That's how my story will live on, through the
laughter, the love,
and the lives you continue to build.

CHOOSE YOUR OWN WORDS OR USE THESE TO EXPRESS YOUR FINAL GOODBYE TO THOSE STILL LIVING.

**FOR SOMETHING A BIT EXTRA -
RECORD THEM AND ATTACH A VIDEO OR AUDIO FILE**



10 EULOGY

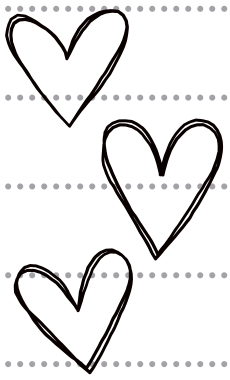
This one is a little controversial. Your words can either be adopted into a euology someone else writes and reads, or a friend or family member can read your words.

As the saying goes, “it’s your funeral”.

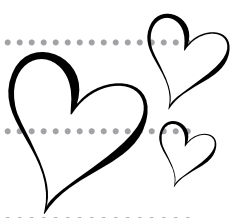
Here’s some prompts to help you start:

- If you are hearing this then something unexpected happened....
- Since I can't exactly give a toast anymore, allow me to share the story behind why I planned my own funeral....
- As I’ve always said....

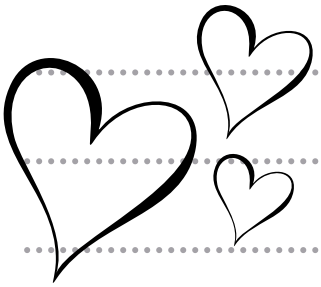
EULOGY



EULOGY....



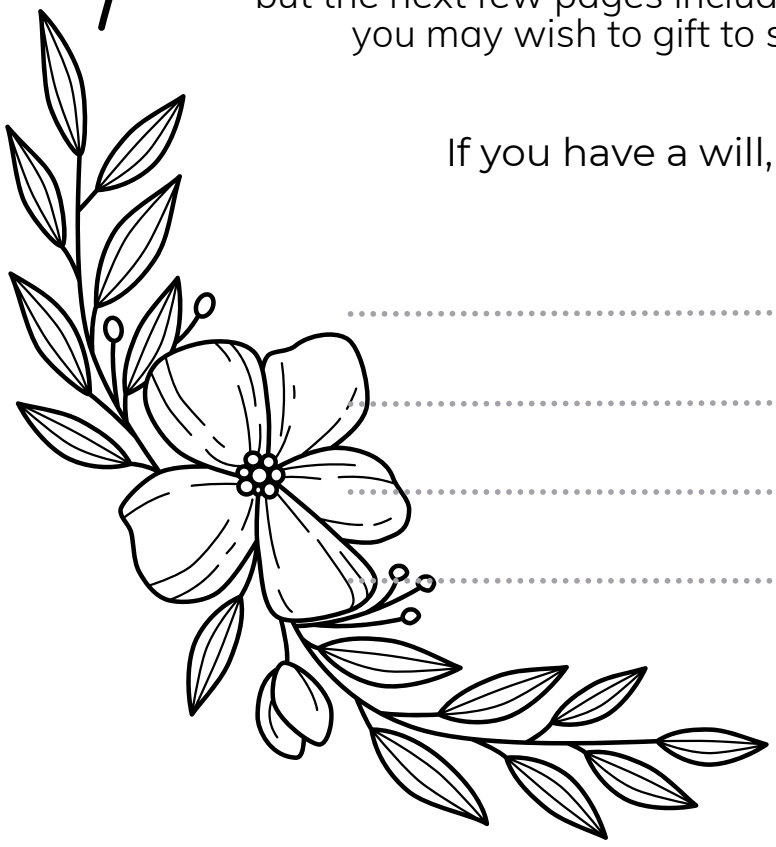
EULOGY....



This is not a will

but the next few pages include personal items
you may wish to gift to someone special.

If you have a will, where is it kept?



11 GIFTING PERSONAL ITEMS

This is not a Will - it's a plan. It is also **not** a legal document.

Everyone should have a will but sometimes for whatever reason some of us don't. This is a plan to inform your friends and family of your final wishes and can be a a good supplement to your will or ..... just easier for now and for just in case.

If you have children,
please seek professional advice and create a will.

CLOTHES

JEWELLERY

CAR / TOOLS

TECH / ART

LEGACY GIFTS

PETS

12 SOCIAL MEDIA

Whether you've been a frequent poster or a long-time lurker, decide what to do with your accounts.

The first decision is, do you want your accounts:

🔲 Memorialised 🔲 Deleted 🔲 Left 🔲 Don't care

Consider the security of your info - simply leaving accounts may be risky. If the account is to be deleted, check to allow for downloads/backups.

FACEBOOK

Settings & Privacy - allows you to download/transfer a copy of your information.

Nominate a legacy under: Profiles/personal details /account ownership and control/memorialisation or deactivation.

Login: .....

Password: .....

INSTAGRAM

Similar to Facebook, Instagram accounts can also be memorialised. If you don't want to share your login details, someone must contact IG with proof of your passing and request what they want to happen with the account.

Login: .....

Password: .....

.... SOCIAL MEDIA

LINKEDIN

LinkedIn accounts can also be memorialised. You can nominate authority to someone or, anyone can report your passing by providing specific documentation to memorialise the profile.

Login: .....

Password: .....

TIKTOK

TikTok does not offer a memorial option for a deceased user's account and only the account user can request it be deleted.

Login: .....

Password: .....

SNAPCHAT

Snapchat will delete your account if they are provided a copy of your death certificate. Someone will need to submit a “contact us” form to request it.

Login: .....

Password: .....

TWITTER

At this time, Twitter only allows for deactivation/deletion of accounts. Similar to LinkedIn, anyone can request deactivation of the account with appropriate documents.

Login: .....

Password: .....

13 WHO TO INFORM

This will be the time to enact the phone tree. Pick a few key people and ask them to pass on the news to those in your close circle. Let the network do the rest.

PRIMARY CONTACTS	EMAIL OR PHONE
01	
02	
03	
04	
05	

INNER CIRCLE

06	
07	
08	
09	
10	
11	
12	

NOTES:

14 WHO TO INVITE

The guest list. By no means exhaustive - but this will help the organisers ensure all your favourite people are on the list.

NAME	PHONE / EMAIL
01	
02	
03	
04	
05	
06	
07	
08	
09	
10	

NOTES:

...WHO TO INVITE

NAME	PHONE / EMAIL
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

NOTES:

...WHO TO INVITE

NAME	PHONE / EMAIL
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	
31	
32	

NOTES:

15 PHOTOS

Want your say on the pics that will be up on the big screen?

These will need to be high resolution (so they don't pixelate) but not so big they can't be shared.

Note on image sizing:

1024w pixels is a good size for an image that will match the display size of a slideshow player.

1920 pixels is the optimal size for best quality images.

Best practice will be to provide a link to a Dropbox, Google drive or similar

Label the Folder **"My Funeral Images"**

While you are at it - save your "goodbye video" in the same place (if you like!) - label the folder **"Farewell Video"**

Create an additional folder that holds all your favourite photos from your life.

Pro tip: family and friends can access this to put together a collage of memories - saving them hours of hunting.

Provide the links to your image library below:



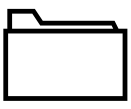
MY FUNERAL IMAGES:

_____



FAREWELL VIDEO:

_____



ALL MY FAVOURITE IMAGES/VIDEOS:

_____

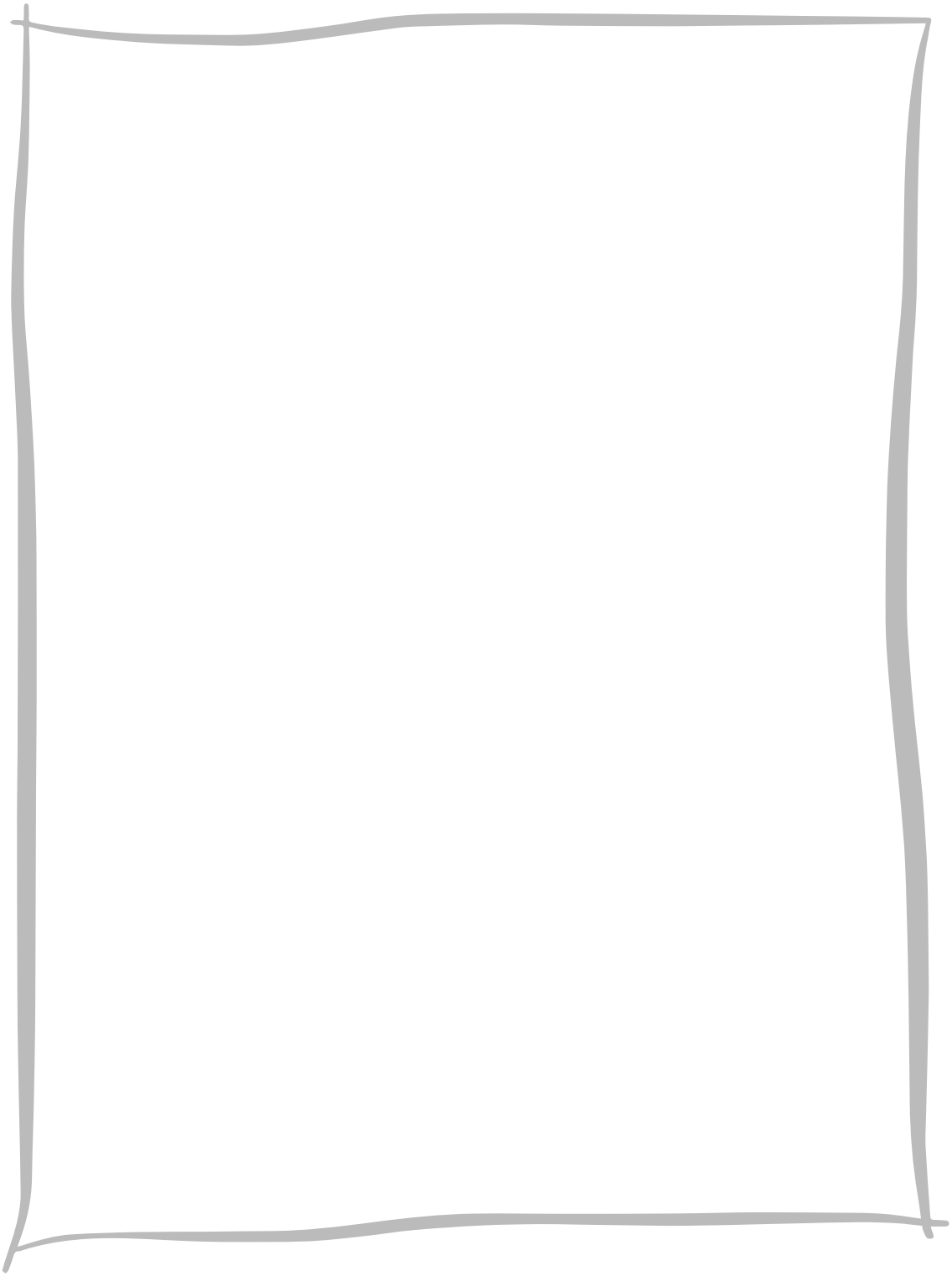


SCAN AND SAVE YOUR COMPLETED FUNERAL PLAN:

_____

15 PHOTOS

Paste in your preferred photo for the cover of your event programme so there can be no confusion. After all, you want to end on a high note!

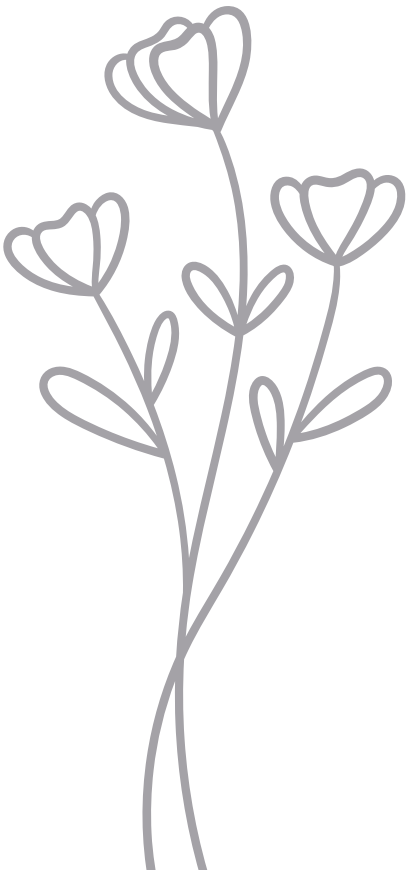


16 COMPUTER PASSWORDS

If your images are stored on your computer and not accessible via a shared link, provide your computer user name and password :

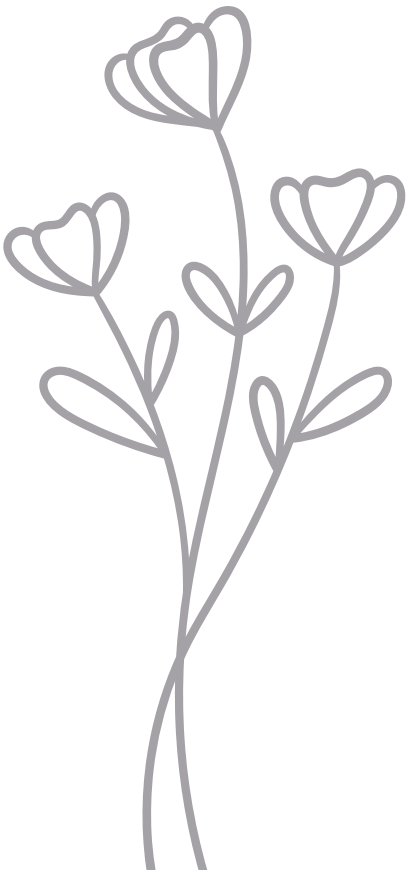
Username:_____

Password:_____



EPITAPH

Writing your own epitaph is something most of us never actually do. It doesn't need to be profound. It just needs to be yours. Whether it's something simple, something meaningful or something that makes people smile at a graveside, these are the words that will mark your place.

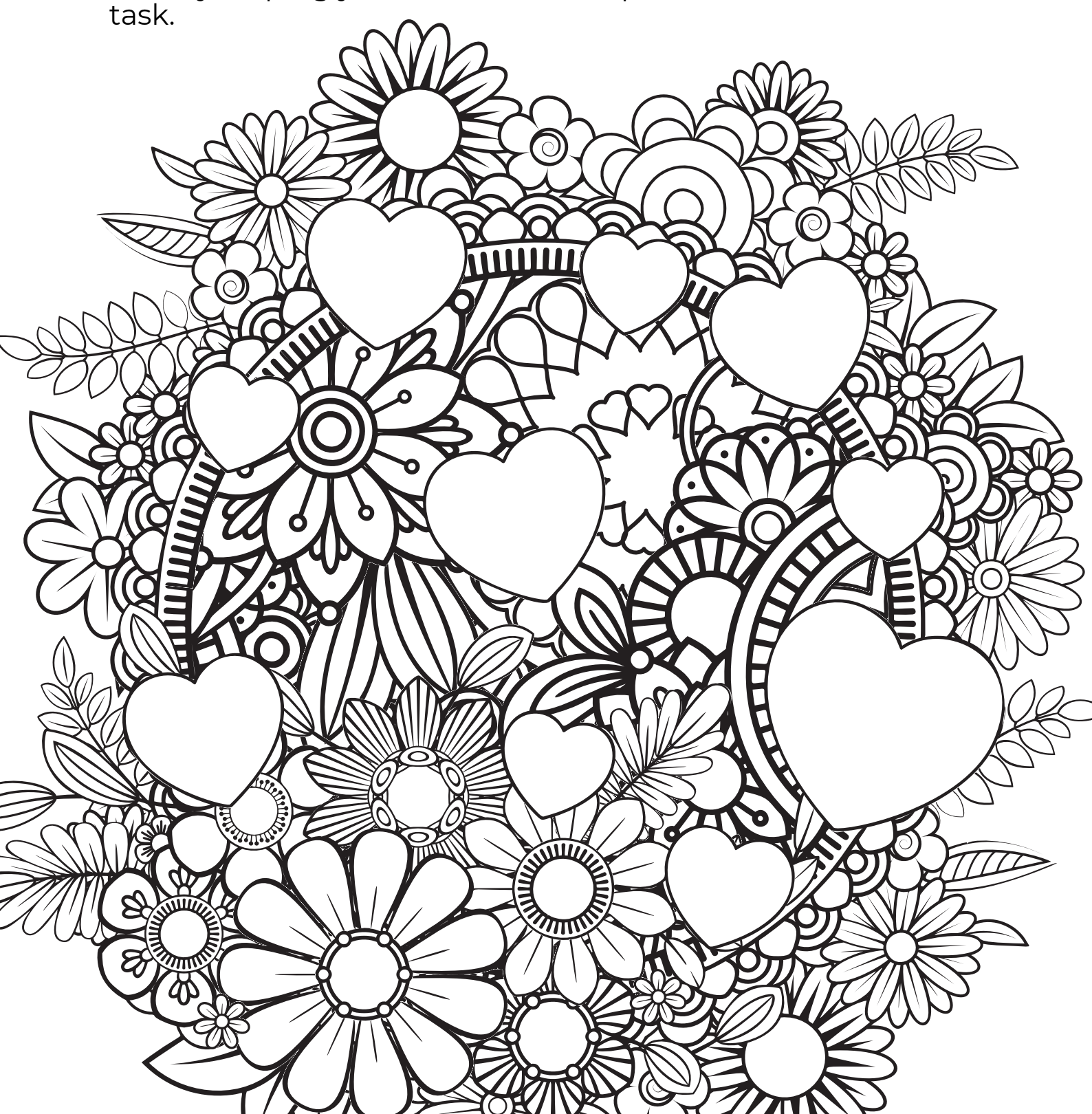


17 MINDFULNESS

The images scattered through these pages have a purpose:- colouring.

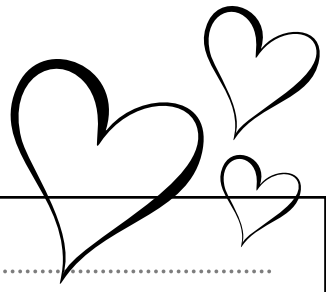
For some people, completing this workbook will be a highly emotional process requiring deep thinking.

Colouring can help promote mindfulness and reduce anxiety helping you to focus on the present moment and task.

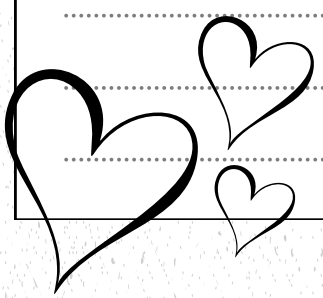


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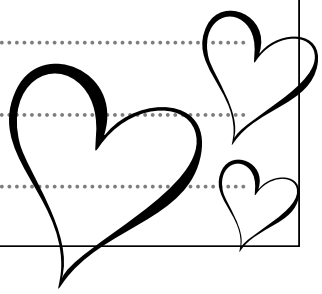
Notes:



Notes:



Notes:



THANK YOU

....for purchasing this product.

I hope you find it useful and helpful as you plan your final hoorah.

While you may, for whatever reason, be thinking about your death now - I'd encourage you not to dwell on it.

Life is, after all, for the living.

Sonia

www.lifestuff.com.au

