

# Possible Areas of Focus

## Personal History

- How can you link the past with the present and the future?
- Any significant milestones?
- Favorite family stories?
- When you think about your loved ones now and in the future. what do you wish for?

## Your Values and Beliefs

- What do you believe? What principles do you hold dearest and why?
- Did you ever change your mind about a truth? (For example.. things happen for a reason)
- What wisdom would you like to share?

## Life Experiences

- What have you learned from life's experiences that you can impart?
- What have the setbacks taught you? What about the joyful experiences?
- What have been your most memorable experiences?

## Achievements and Accomplishments

- What are you especially proud of?
- What activities have given your life meaning?
- Is there anything you would like your loved ones to know about you that you haven't shared?
- Would you like your loved ones to continue doing something you started - i.e. volunteering for a particular organization

## Spiritual or Religious Views

- What do you believe and why do you feel your spiritual or religious beliefs have served you?
- Wisdom

## Forgiveness

- Is there something best said in writing that could repair a hurt or family breach?

## Health

- Do you feel that you have been lucky in terms of good health?
- How have health challenges dictated the course of your life?
- Is there anything you regret and/or wish you'd done differently?

## Education

## Finances

## Love and Blessings

- Express your feelings about those you love

## Your Current Estate Documents

- Do you need to clarify anything?