**Worksheet 1: Identifying Individual Goals**

1. How often do I think about death, dying, disability? What feelings come up?
2. What questions do I have about death, dying, disability? What do I want to learn from this program?
3. How have I been learning about death, dying and disability? (Who? What sources?) What are the main issues I have been examining? What do I feel I have learned enough about and don’t want to explore anymore

**Worksheet 2: Do-It-Yourself Obituary**

* **Outside observers would probably say that my main achievements have been ...**
* **For myself, what I am most pleased with and proud of in my life, are ...**

* **One of the most important lessons that I have learnt in my lifetime is that ...**

* **The people I have felt closest to in my life have been ...**
* **During my life I have used my ... [list three positive personal characteristics, for example: imagination, sense of humour and intelligence] through my ... [list three activities, for example: writing, running groups and parenting] with the underlying vision, I now realise, of helping work towards a world in which, one day, ... [describe your long-term Utopia, for example: 'people are kind and sensitive to each other, nature is at ease and magic is alive'].**

* **One generalisation I could make about the quality of my relationships with others is that ...**
* **If I regret anything, it is that ...**
* **If I had known how short a time I had left to live, I would probably have ...**

**Worksheet 3: Conditions for a Good Death**

**What can I do to prepare?**

1. **To know when death is coming, and to understand what can be expected.**

**What will stand in the way?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**What can I do to prepare?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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1. **To be able to retain control of what happens.**

**What will stand in the way?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**What can I do to prepare?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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1. **To be afforded dignity and privacy.**

**What will stand in the way?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**What can I do to prepare?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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1. **To have control over pain relief and other symptom control.**

**What will stand in the way?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**What can I do to prepare?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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1. **To have choice and control over where death occurs (at home or elsewhere).**

**What will stand in the way?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**What can I do to prepare?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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1. **To have access to information and expertise of whatever kind is necessary.**

**What will stand in the way?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**What can I do to prepare?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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1. **To have access to any spiritual or emotional support required.**

**What will stand in the way?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**What can I do to prepare?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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1. **To have control over who is present and who shares the end.**

**What will stand in the way?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**What can I do to prepare?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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1. **To be able to issue advance directives which ensure wishes are respected.**

**What will stand in the way?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**What can I do to prepare?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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1. **To have time to say goodbye, and control over other aspects of timing.**

**What will stand in the way?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**What can I do to prepare?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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1. **To be able to leave when it is time to go, and not to have life prolonged pointlessly.**

**What will stand in the way?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**What can I do to prepare?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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