

EMOTIONAL WILL

An Emotional Will is about your legacy. It is about sharing your thoughts, values, life lessons, passions, hopes and dreams with your children, grandchildren, friends and future generations. An Emotional Will gives you a chance to say the many things that might be left unsaid. An Emotional Will is not a legal document, therefore, you can be as creative as you'd like. You can "leave" thoughts, well wishes, drawings, notebooks, photos, videos, sound recordings--it's really up to you. When you start preparing long before the end, you'll be able to revisit as things change over time.

There are a number of ways to begin:

Start by thinking about the important **people** in your life. Is there a memory or a moment, something this relationship taught you? Are you grateful for an experience you shared? Write a letter to that person and place it in a separate envelope.

What are key **moments** in your life where you have shown great courage, experienced great joy, intense sadness, overcome hardship, completed something you never thought possible or felt sublime happiness? These pivotal moments are often the signposts of our life, moments when life could have gone one way but it went another. Share these memories with your loved ones, children, nieces and nephews.

Objects come with memories and a unique legacy. Describe what makes it special and why are you gifting it to a particular person. Are there important stories about your family embedding in this object?

Go through and label important **photos** with dates, places, names and ages. Note any memories or stories you wish to share. We often take for granted that our children or other family members will recognize the people and places in from our lives.

Stories mark time and emotional connectedness. These **memories** are specific to time, place and emotion. What did it mean to you to have these friends, colleagues, mentors, and experiences in your life? Write about and share these memories.

Often we have fond remembrances about gatheringst, **food** and **music**. Share these celebrations and flavors, sights and sounds so generations can carry on your memory.

Where should you store your emotional will?

You could leave it with a folder of other important documents and policies. Whether you choose to store it in a safety deposit box, online in the "cloud" or elsewhere, make sure this document can be retrieved.

Get started using the form on page 2.

1. Who are the people you want to leave messages for in your emotional will?
2. What is a message you'd like to leave for your partner/spouse/best friend/children?
3. Describe a time in your life that you showed great courage
4. Describe a time when you experienced joy
5. Do you have any regrets?
6. What is your most memorable childhood experience?
7. Who were your mentors and how did they help shape you?
8. What were your parents like? How did this relationship shape you?
9. What was your first paid job?
10. What is your first memory?
11. What was school like for you?
12. Did you have a childhood sweetheart? Share a story about this.
13. Describe a time of great sorrow or sadness had impacted your life
14. What do you remember about your grandparents?
15. Where is your most favourite place? Describe it as vividly as you can.