



My Funeral Preferences and Personal Reflections

In the event of my death, I have recorded the following information here to help family members organise my funeral.

I hope that, in providing this information, I am able to give you, my loved ones, insight to my thoughts and preferences.

You may face the challenge of balancing my wishes with your own needs as mourners. Know that it is okay to put your needs first. Seek to fulfil the essence of my wishes, rather than the individual details.

Remember, my funeral is held principally for your benefit, not my own. So if you would like to make choices for my funeral and disposition that will better help you and others mourn after I have died, please do so. You have my permission and my blessing.

With love,

NAME:

DATE: