

The Best Three Months Of Life: My Best Life Care Plan and End of Life Priorities

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Beyond Advance Directives

Imagine This:

You have 3 months to live AND you can make them the very best they can be for you and everyone. All you need is a vision and thoughtful plan.....and others to help you fulfill it!

This is not an advance directive. **It is a Best Life Care Plan, a way to prepare for your transition, to experience completion, happiness, and fulfillment in your final weeks and months of life.**

The following worksheet will help you answer these questions during the final phase of life:

- What will be most important to you?
- What will you value most?
- What “comforting care” will you want and need?
- What can’t you live without?
- What priorities, wishes, and dreams will you focus on if you had 3 months to live?
- Who would you want to help fulfill your Best Life Care Plan: friends, family and/or doctors/mentors/clergy?

The worksheet will help you create a “Best Life Care Plan” for fulfillment in all domains of life:

1. Spiritual: Honoring Beliefs and Practices
2. Emotional: Honoring Feelings and Relationships
3. Physical: Creating Comfort Safety Healing Environment
4. Psychological: Legacy Life Review
5. Practical: Honoring the Body After Death

Activity Instructions: For the purpose of this activity, you are your age and health right now and you have just been told you have 3 months to live.

1. As you enter into the process of creating your Best Life Care Plan, you will identify a vision and life priorities in each of the 5 domains. This is captured on page 2.
2. Then you will review how others have defined their care plan, complete with their priorities, current reality and their action steps to move towards vision and life priorities. Pages 3 & 4 gives you examples.
3. Finally, starting on Page 5, you will:
 - Write down your Best Life Care visions/priorities from your page 2 on top line of each section.
 - Underneath this write your current reality in relation to this vision.
 - Underneath this write 2 actions steps that you will take to move from your current reality to your vision.

Let’s get started! Go to Page 2 and capture your answers for the questions on each domain of life.



Start with the End in Mind

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My Name: _____ Date: _____ Signature: _____

Remember, for the purpose of this activity, you are your age and health right now and you have just been told you have 3 months to live.

Spirit: Describe how to Honor your Spiritual Beliefs and Practices so you can be at peace and turn within

1. _____
2. _____
3. _____

Emotions: Describe how to Express Feelings & Renew Relationships so you can experience love, care and healing

1. _____
2. _____
3. _____

Physical: Describe how to Create Physical Comfort, Safety & a Healing Environment to live as fully and freely as possible

1. _____
2. _____
3. _____

Mental: Describe how to Review your Life's Meaning | Purpose | Legacy to see how you positively influenced your world

1. _____
2. _____
3. _____

Practical After Care: Describe how to honor your body immediately after death, create farewell ceremonies or celebrations

1. _____
2. _____
3. _____

Consider sharing your end of life priorities. Who would you most like to share these with?

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Three months to live: Review these examples of end of life priorities with current reality and action steps.

Spirit: Describe how to Honor your Spiritual Beliefs and Practices so you can be at peace and turn within

1. "I want my friend Elizabeth to read the Lords Prayer to help me rest deeply and surrender."
 - My current reality: Elizabeth lives far away and I haven't told her I want this. I'm not currently reading this prayer myself.
 - Action Step: I will tell Lizzie I want this. Ask her if she will call me and read to me on the phone.
 - Action Step: I will read the prayer myself now each day before I go to sleep.

2. "I want to experience being totally present, being in the NOW vs. thinking or worrying about the future."
 - My Current Reality: I think and worry a lot. I need help with this. I don't have a teacher that I could ask to support me.
 - Action Step: I will ask Reta who teaches meditation if she will meditate with me, work with calming breaths, design a meditation just for me.
 - Action Step: I will listen to meditation videos online.

Emotions: Describe how to Express Feelings & Renew Relationships so you can experience love, care and healing

1. "I would like to restore my relationship with my brother Stephen. I want him to know I forgive him and that I want him to be with me as I am dying."
 - My current reality: Stephen doesn't look at me, talk to me, call me, or ask for help.
 - Action Step: I will pray and ask that a way opens for us to be able to be in each others lives.
 - Action Step: I will give ask his pastor for help and see if he has some ideas to help us.

2. "I want to apologize to my son David for being such a stern father. I do love him, but I have never told him. It is difficult for me to express this to him or anyone."
 - My current reality: I will see my son after church on Sunday.
 - Action Step: I will write a note to David, in case I can't say it. I will read the note aloud in my room as if David were there.
 - Action Step: I will ask David to join me on the porch after he arrives. I will tell him, and if I am too timid, I will give him the note.

Physical: Describe how to Create Physical Comfort | Safety | Healing Environment to live as fully and freely as possible

1. "I would like to be outside in nature as much as possible, to spend some time on a blanket on the earth each day as much as I can."
 - My Current Reality: I am not lying on the earth now and I love this very much.
 - Action Steps: I will visit the desert before May 30th.
 - Action Steps: I will take a blanket and lay on the earth.

2. "I want to be free of pain and anxiety. I want to listen to beautiful classical music to be encouraged to relax and let go."
 - My current reality: I have anxiety and deal with it via supplements and acupuncture but I don't think this will be enough during my final days.
 - Action Steps: I will find a resource for the medicine that will support me so that I know where it is and can access it when I need and want it.
 - Action Steps: I will ask my granddaughter's help in creating a list of music I wish to hear during my final days.

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Three months to live: Review these examples of end of life priorities with current reality and action steps.

Mental: Describe how to Review your Life’s Meaning | Purpose | Legacy to see how you positively influenced your world

1. “I want someone to sit with me and go through my photos and help me remember things I’ve done in my life that were wonderful for me and others.”

- My current reality: My photos are all in boxes in my garage. And some of the wonderful things I’ve done are not photographed.
- Action Steps: I can unpack my photos and ask my friends to come have tea and share in the story of my life.
- Action Steps: I will ask Lisa if she can bring her photo albums over since she took photos when I didn’t.

2. “I want to know that my grandchildren each have a special keepsake from me, along with their inheritance.”

- My current reality: My grandchildren don’t know of my illness, and some are too young to understand.”
- Action Steps: I will sort through my treasure box and find a gift for each grandchild.
- Action Steps: I will let my kids know that this is my wish. We will schedule some family visits so that I can see each of my grandkids.
- Action Steps: I will have a camera on hand so that we can photograph our family visit.

Practical: Describe how to Honor your Body immediately After Death, farewell ceremonies or celebrations

1. “I want to have my dear friends be with me at my bedside. I want Judy and Lizzie to wash me and cover me with oils and make my body a flower bed.”

- My current reality: My bedroom is too small for even a small gathering of friends.
- Action Steps: When I reach the point of being confined to my bed, we will move it to the library, where there is space for friends to come and stay comfortably.
- Action Steps: The next time Judy and Lizzie come over, we will make a list of the oils and other supplies needed so they are on hand. We will go through the flower catalog and mark my favorite flowers so they will know what I want.

2. “I want people to enjoy a celebration of my life, praying, laughing, telling stories.”

- My current reality: Many friends don’t know that I am nearing the end of this life, and my daughters don’t know who I would like to have included in my celebration of life.
- Action Steps: I will prepare a list of friends and give it to my daughters.
- Action Steps: We will prepare an invitation with all the details so that it’s ready to go when the time comes.
- Action Steps: I will review these wishes with both daughters and ask their help in preparing the space to accommodate my wishes.

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Three months to live: Complete your own plan, including your end of life wishes, current realities and action steps.

Domain - Spirit

1.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step:
2.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step:
3.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step:

Domain - Emotions

1.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step:
2.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step:
3.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step:

Domain - Physical

1.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step:
2.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step:
3.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step:

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Three months to live: Complete your own plan, including your end of life wishes, current realities and action steps.

Domain - Mental

1.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step:
2.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step:
3.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step:

Domain - Practical

1.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step:
2.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step:
3.	Write your desire from Page 2:
	<ul style="list-style-type: none"> ➤ My current reality: ➤ Action Step: ➤ Action Step: