



After Life Planning Worksheet

It is common for people to plan out the funeral, cremation, celebration of life or other after-life events. It takes the pressure off loved ones and ensure you or your loved ones goals and wishes are upheld.

This worksheet helps you pre-arrange your funeral, memorial, or celebration of life, or other after life wishes. This is not about legal or healthcare decisions, but about memorialization, celebration, and remembrance.

1. Type of Service

Decide how you want your life celebrated. Consider religious or spiritual beliefs, cultural traditions, or personal preferences.

- Funeral
- Memorial
- Celebration of life
- Other

2. Choosing a Venue

Choose a place that aligns with your vision:

- Funeral home
- Place of worship
- Community hall or function space
- Outdoor or personally meaningful location
- Other

3. Final Resting Place

Decide how and where your remains should be laid to rest:

- Burial in a cemetery (a particular cemetery or family plot)
- Cremation with ashes placed or scattered in a meaningful and special location
- Transportation back to a homeland or ancestral location
- Other personal or culturally significant arrangements

4. The Ceremony

You may wish to outline specific aspects of the service, including:

- Whether there will be an open viewing
- Preferred music or songs or readings
- Photos, slideshows, or video tributes
- Certain flower or plant arrangements
- A guestbook for attendees
- Opportunities for family and friends to share stories or messages

5. Personalization & Memories

Personal touches can make the service truly reflective of your life. How would you like to be remembered?

- Favorite foods, colors, or music
- A theme that symbolizes your personality
- A book that tells your story from your perspective
- Anecdotes, values or lessons to pass on in forms of written or electronic messaging
- Traditions or symbols to continue
- Special instructions for online and offline memorialization