



Soulfull Legacy Conversation Workbook

While dying is inevitable, dying
poorly ought not to be.

Dr. Harvey Chochinov

Soulfull Legacy Conversation Worksheet

The meaning of hope changes as one nears the end of life. Contrary to what we might think, hope is very much present, even in the face of a life-limiting diagnosis. While we have been taught that hope is connected to a future self, in the case of one who is living with a terminal diagnosis - often hope shifts to an intimate connection to one's life's meaning and purpose.

Research and studies have shown that an effective antidote to hopelessness has been in reconnecting your loved one with something that may give them a continued sense of meaning and purpose. After your loved one receives a terminal diagnosis, they may wonder, "Am I still me?". It may seem an odd question, but it is a question of profound significance for those facing death.

Hippocrates said that "it is more important to know what sort of person has a disease than to know what sort of disease a person has". With the following Soulfull Legacy Conversation Worksheet, you can support your loved one in engaging with life's final chapter while helping them to maintain a sense of dignity and self.

We recommend you send your loved ones the worksheet ahead of time and let them know you'd love to talk with them about their legacy. For best results, use an audio recording device along with the Soulfull Legacy Conversation Worksheet while speaking, as it will help you transcribe the legacy keepsake later.

" Tell me a little about your life history, particularly the parts that you either remember the most or think are the most important. When did you feel most alive?"

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"Are there specific things that you would want your loved ones to know about you, and are there particular things you would want them to remember?"

"What are the most important roles you have played in life (family roles, vocational roles, community service roles, etc.)? Why were they so important to you, and what do you think you accomplished in those roles?"

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"Are there particular things that you feel still need to be said to your loved ones, or things that you would want to take the time so say once again? thins

"What are your hopes and dreams for your loved ones?"

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"What have you learned about life that you would want to pass along to others? What advice or words of guidance would you wish to pass along to your (child(ren), parent(s), partner(s), and loved ones)?"

"Are there words or perhaps even instructions you would like to offer your loved ones to help prepare them for the future?"

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"In creating this permanent record, are there other things that you would like included?"

"What are your most important accomplishments, and what do you feel most proud of?"

You Did It! Now What?

- Pat yourself on the back and take a well-deserved break. You probably heard your loved one speak of love, gratitude, joy, regret, anguish, longing and grief. Before attempting to transcribe their words, pause to reflect on what that experience was like for you, and when you are ready, find a quiet place to listen, edit, and transcribe the conversation onto a document.
- Transcribing your loved ones' words can feel daunting. Know that transcribing may include some editing which is only for the purpose of cleaning up the transcript (such as removing "uh's" and pauses), clarifying what is said, correcting time sequences and perhaps choosing which conversation would make a suitable ending for the keepsake. Editing your loved ones' words should not include fixing grammar, substituting words or sentences (you'll want it to read like they were speaking), nor should you feel the need to shorten any of their stories.
- Share your first draft with your loved one, and let them have the final say in what goes into the keepsake.
- Save your final legacy conversation keepsake booklet and perhaps publish it for use and distribution as needed or requested.

Thank you for taking the time to fill out this worksheet with your loved one.

We hope it was helpful and that you have a few ideas to instill hope, purpose and meaning in spite of a life-limiting diagnosis.

Need a little more help?

Soulfull Departures is available to conduct, transcribe and craft a Soulfull Legacy Keepsake for your loved one!

Let's Work Together!

