

YOUR Emotional Will

Food

The enjoyment and sharing of food is one of life's delights! Why not share your favourite recipe with a loved one. For example: "This is my favourite recipe that helped me through the tough times. It was Grandma's and she taught me how to cook it. I now pass this on to you and ask you to become the guardian of this much-treasured recipe", or "Here is a recipe that I used to make for a lazy Sunday. When you make it, think of me".

Songs/Books

The people who know you probably know what music you liked and books you enjoyed... but perhaps you may still surprise them? Why not put aside a copy of your top 10 books with a personal note written on the inside cover saying why you love this book? Or why not make a playlist of your favourite songs? One for driving? One for doing chores too?

Photos

Go through and label important photos with dates, places and the names of the people pictured. Note any memories or stories you wish to share. We often take for granted that our children or other family members will know the people and places in our photos, but perhaps they don't. Noting down ages is helpful too.

Where to keep your emotional will?

You could leave it with a folder of other important documents - such as your health insurance, funeral plans and digital/online passwords. There are many options now online for keeping documents with free storage, however many people want to keep hard copies. Our advice is to buy a small box or folder to store these important documents. Given the personal nature of the Emotional Will many people choose to give letters to people before they die.

Questions to get you started

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