



A **‘Completion Conversation’** is a thoughtful and intentional dialogue to ensure that you and your loved ones are prepared for the inevitable, with everyone’s wishes fully understood and respected. The following questions are designed to help guide these discussions, covering a range of topics from health care preferences to digital legacy planning. Feel free to adapt these questions to your unique situation and values.

I. General Reflections on Life and Legacy

1. How would you like to be remembered by your loved ones?
2. What are the most important values or lessons you’ve learned in life that you would like to pass on?
3. Are there specific moments in your life that shaped who you are today?
4. What do you consider your greatest achievements?
5. What, if anything, would you want to change or do differently in your life?
6. Is there any unfinished business or unresolved relationships you’d like to address?
7. How do you define a “good death”?
8. Are there any cultural, spiritual, or religious beliefs that guide your views on life and death?



II. End-of-Life Care Preferences

9. Have you appointed a medical advocate (healthcare proxy) to make medical decisions if you're unable to?
10. What qualities are important to you in selecting your medical advocate?
11. Have you completed an advance directive or living will?
12. Do you want life-sustaining treatments like resuscitation, ventilators, or feeding tubes if your condition is terminal or irreversible?
13. What are your thoughts on hospice or palliative care?
14. Would you prefer to pass away at home, in a hospital, or in a hospice facility?
15. Are there specific medical treatments you want to avoid?
16. Would you like to be involved in making decisions about pain management and comfort care, or do you want someone else to decide for you?
17. What is your opinion on organ donation, and would you like to be an organ donor?
18. Have you communicated these medical wishes to your family and healthcare providers?

III. Funeral and Memorial Preferences

19. Do you have any specific wishes for your funeral or memorial service?
20. Would you prefer a burial, cremation, or another form of disposition (e.g., green burial, aquamation)?
21. Is there a specific cemetery, burial site, or other location where you'd like your remains to be placed?
22. Are there any religious or spiritual rituals you'd like incorporated into your funeral or memorial?
23. Do you want a traditional funeral service, or would you prefer something less formal, like a celebration of life?
24. Who would you like to officiate your service?
25. Are there specific readings, prayers, or music you'd like at your funeral or memorial?
26. Are there people you would like to give eulogies or speeches?
27. Would you prefer donations to be made to a charity instead of flowers, or another form of tribute?
28. Have you made prearrangements with a funeral home, or purchased a burial plot or urn?
29. How do you feel about eco-friendly or "green" burial options?

IV. Digital Legacy

30. Have you documented your digital assets (e.g., email accounts, social media, cryptocurrency, online subscriptions)?



31. Who do you want to handle your digital estate (e.g., manage your social media profiles, close accounts)?
 32. Would you like your social media profiles to remain active or be memorialized after your passing?
 33. Do you want any specific instructions for preserving your digital memories (photos, videos, writings)?
 34. Have you set up a digital will to outline your wishes for your online presence?
 35. What online services or platforms contain significant personal information or assets that need to be managed?
 36. How do you plan to provide access to your digital assets (e.g., password manager, written list, secure vault)?
 37. Have you reviewed the terms of service for platforms like Facebook, Instagram, or Google, to ensure they align with your wishes after death?
-

V. Financial and Legal Preparations

38. Do you have a will or trust in place?
 39. Have you reviewed and updated your beneficiary designations on life insurance, retirement accounts, and other financial instruments?
 40. Have you appointed an executor to manage your estate?
 41. Is there a durable power of attorney in place for financial matters?
 42. Do you have a letter of instruction or guidance for your executor or family members regarding how to settle your estate?
 43. Have you planned for the care of any dependents or pets in your will?
 44. Have you made provisions for charitable donations in your estate plan, if desired?
 45. Are there any family heirlooms or assets you want distributed in a specific way?
 46. How will taxes on your estate be handled, and do you have plans in place to minimize them?
 47. Have you documented and shared the location of important documents (e.g., birth certificates, marriage licenses, property deeds)?
 48. Have you considered funeral expenses and how they will be covered?
 49. Who will have access to your safe deposit box, if applicable?
 50. Are there any debts or financial obligations that need to be settled after your passing?
-

VI. Life Insurance and Protection

51. Do you have life insurance, and is the policy current?
52. Have you reviewed the coverage amount to ensure it meets your family's needs?
53. Who are the beneficiaries of your life insurance policy?
54. Have you considered disability insurance or long-term care insurance?
55. How will your family be supported financially after your death?



- 56. Have you planned for the cost of long-term care if it becomes necessary before your passing?
 - 57. Are there any final expenses (e.g., medical bills, funeral costs) that need to be factored into your financial planning?
-

VII. Care of Dependents and Pets

- 58. If you have minor children or dependents, have you appointed a guardian for them?
 - 59. Do you have specific wishes for how your children or dependents should be raised, including religious or educational preferences?
 - 60. Have you created a trust or other financial provision for your dependents' future needs?
 - 61. If you have pets, who will take care of them after your death?
 - 62. Have you outlined your preferences for the care and wellbeing of your pets?
-

VIII. Relationships and Farewells

- 63. Are there people you want to say goodbye to personally, or share a final message with?
 - 64. Is there anyone you would like to reconcile with before your passing?
 - 65. Are there specific words or messages you would like your loved ones to remember after you're gone?
 - 66. How do you want to handle announcements of your passing (e.g., social media posts, obituaries)?
 - 67. Would you like to create a video or written message to be shared after your death?
-

IX. Spiritual and Emotional Well-Being

- 68. Do you have any spiritual or religious practices you'd like observed in your final days?
 - 69. How do you find comfort in times of distress, and would you like specific comfort measures in place?
 - 70. Are there spiritual leaders or religious figures you'd like present at the time of your passing?
 - 71. Would you like to participate in any legacy projects (e.g., storytelling, recording memories) to leave behind for loved ones?
 - 72. Are there unresolved feelings, fears, or concerns about death that you'd like to discuss with your family or loved ones?
-

X. Practical End-of-Life Decisions



- 73. Are there specific items or clothing you would like to wear at the time of your burial or cremation?
 - 74. Would you like to have control over what happens to your body immediately after your passing (e.g., who prepares your body, who is present)?
 - 75. Do you want to pre-plan your own funeral or leave the details to your loved ones?
 - 76. How do you feel about leaving behind a written obituary or biography?
-

XI. Personal Belongings and Possessions

- 77. Are there specific personal items (e.g., jewelry, art, collectibles) you want to bequeath to certain individuals?
 - 78. Have you made an inventory of your valuable possessions?
 - 79. Would you prefer that certain items be donated or given away after your passing?
 - 80. How do you want your home or other real estate to be handled after your passing?
 - 81. Have you arranged for the transfer of titles and ownership for vehicles or other property?
-

XII. Green and Sustainable End-of-Life Options

- 82. Are you interested in green burial practices (e.g., natural burial, biodegradable caskets)?
 - 83. Would you like to avoid embalming and use environmentally friendly options for body care?
 - 84. Do you want to explore alternative forms of cremation, like water cremation (aquamation)?
 - 85. Would you like to reduce your environmental impact through a green funeral service (e.g., sustainable flowers, eco-friendly transportation)?
 - 86. How do you feel about contributing to a conservation cemetery or tree-planting memorial?
-

XIII. Grief and Support for Loved Ones

- 87. How would you like your loved ones to be supported after your passing (e.g., counseling, grief support groups)?
 - 88. Are there any traditions or rituals you would like your loved ones to continue in your honor?
 - 89. Have you written letters or created keepsakes for your loved ones to remember you by?
 - 90. Are there specific ways you'd like your loved ones to commemorate you annually (e.g., on your birthday, anniversary of your passing)?
-



XIV. Miscellaneous Wishes

91. Are there any experiences or “bucket list” items you still wish to complete?
92. How do you want your story to be told after your passing?
93. Would you like to create a memorial website or other digital tribute?
94. Do you want your family to share stories, photos, and memories on a memorial website or digital platform?
95. Is there any cause or charity that is particularly meaningful to you, where you would like donations to be made in your honor?
96. Are there any specific documents or items that need to be handled in a certain way after your passing (e.g., personal journals, unpublished writings)?
97. Have you thought about what you would like to happen with your social media profiles—who should have access, and should they be deleted or memorialized?
98. Would you like to donate any of your possessions to museums, libraries, or other institutions?
99. Is there a specific message or theme you’d like conveyed in your obituary?
100. How would you like your name or memory to be preserved (e.g., through a scholarship fund, a family tradition)?
101. Is there any particular milestone or event (e.g., the birth of a grandchild) that you would want to acknowledge, even after your passing?
102. Do you have any creative projects (e.g., artwork, music) that you would like to be made public or shared with your loved ones?
103. If you could write a final letter to your family, what would you say?
104. How can your family and loved ones best honor your life and legacy?
105. What would bring you the most peace in knowing your final wishes were honored?
106. Is there anything else you’d like to discuss that hasn’t been covered in these questions?

Disclaimer

The ‘Completion Conversation’ script is intended as a starting point to help guide personal discussions about end-of-life preferences and planning. It is not a substitute for professional legal, medical, or financial advice. For legally binding arrangements such as wills, trusts, advance directives, or other estate matters, consult with an attorney or relevant professional in your area. End-of-life decisions should be revisited regularly to ensure that all plans are current and reflect the individual’s wishes.