



Whilst I'm alive
I'm working hard
to be a dream
dead person!



CONVERSATION STARTERS
Have a death chat

The most valuable preparation you can do is use your own words to tell the people you love or care about what you want life to look like when you're no longer around. Even if it's hard!

Preparing for a death chat

1. What's the purpose for your conversation? What do you hope to accomplish? What would the ideal outcome be?
2. How will the people you're talking to perceive the conversation? What are their needs and fears? What questions might they ask?
3. Understand what you're talking about. Have your will handy to refer to or make notes so you can communicate why you've made the decisions you have.
4. Use your conversation as an opportunity to discover what other people think and feel - they're not necessarily going to be right - but they may see the situation differently.
5. Acknowledge talking about death is hard and raises all kinds of emotions (your family might have different feelings than you do and that's ok).
6. Practice. Write down what you want to say and mentally practice the conversation; visualise yourself and the outcome you want. Imagine the questions you'll be asked and how you will answer them.

Where do I begin....?

I've been playing a game called "What does it look like after I die..." I'd love to share with you what I've decided.

I have some important things I'd like to discuss with you that I think will help make life easier for you in the future.

I'm in the process of making some big decisions about how I handle _____ after I die. I think we may have different ideas and I'd like to talk to you about them before I finalise everything.

I recently heard about a guy who [insert horror post death story] and I would hate that to be your experience so I wanted to talk to you about _____.

You know how people say "If I got hit by a bus..."? Well I'd actually like to tell you if I got hit by a bus these are things that are important for you to know _____

I've just done a new will but the lawyer is insisting she won't finalise anything until I let you know I've picked you as the [insert role] - which means you'll need to _____

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