

Living Wills through the Lens of Legacy

Given our aging population and the uncertainty of our world today, why is it that 75% of Americans don't have living wills (health care directives, advance health directives)?

- a) We think we're immortal
- b) We're afraid to think about aging, illness, dying, or death
- c) We consider illness a weakness and death a failure
- d) We lack confidence in expressing our ideas in writing

You're 100% right if you answered ALL of the above! Yet it is urgent for us to have an end-of-life plan that secures our dignity ... for our own peace of mind, for our families and those we love.

If you believe life, and your life specifically, is sacred, then writing your living will asserts that your death, a part of your life, is sacred too. You can approach creating your health care directive, in a way that:

- a) Decreases fear of writing,
- b) Breaks the tasks into simple, do-able steps,
- c) Includes an explanatory legacy letter,
- d) Relieves the family of the decision-making burden, and
- e) Encourages family conversation.

GIVE YOURSELF THE GIFT OF INNER PEACE

For professional help preparing your health care directive, and creating its accompanying legacy letter for your family and loved ones,
Contact: Rachael@Life-Legacies.com