



April 14th is “Let’s Talk About Life Day.” It’s an awareness day set aside for loved ones to share how much they mean to each-other, and share their thoughts about life and death. Since you are one of the most important people in my life, I want to talk about life with you!

This ice-breaker is a guide to help us start our talk. It’ll help us get the ball rolling, we can have as many follow-up chats as we want. We’ll each fill-out our own version, completing as many items as we like, and add new ones if we want. Going through the list can be emotional, that’s OK. We’re doing this together and it will be worth it! Once complete, we can join thousands of others who will be talking about life with their loved ones on **April 14th** (or we can pick another day that works better for us). *So let’s talk about life!*

Conversation starter...

- What I especially love about you is:

- Remember the time we:

- The top things in my life that I am most proud of accomplishing, experiencing and/or being a part of, are:

- I would most like to be remembered for and/or as:

- For me, the perfect “afterlife” would be:

- If I could take a few items with me when I pass, they would be:

- For me, the perfect way to pass away would be:

- What worries me the most about passing away is:

- Here are some books, poems, quotes, movies, music and/or art that I especially enjoy and would encourage loved ones to experience:

- The top places I would encourage loved ones to visit (or I really want to visit) are:

- My mantra, philosophy or basic approach to life is:

- My basic, most fundamental thought or belief about life and/or death is:

- I have been especially inspired by:

- An especially important bit of advice I'd like to share is:

- As I approach the time of my passing, I'd definitely want:

- Space for a custom item:

- Space for a custom item:

- Space for a custom item:

- Space for a custom item:

- Space for a custom item:

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- Space for a custom item:

Instructions

- Fill out your conversation starter (even if you don't plan to immediately share). Take your time, noodle it around, and just let yourself feel whatever comes. It's OK, we're all in this together.
- This conversation starter/ice-breaker is simply to get the ball rolling. It deliberately doesn't cover everything so that the process is more approachable and less intimidating.
- When you feel comfortable, start by asking your loved one if they've heard of *Let's Talk About Life Day*. Let them know it's a national awareness day to talk about life, and tell them you'll send them the *postcard*.
- Send your loved one the "ping postcard," letting them know the ice breaker is coming.
- Then, send them a link to or PDF of this ice breaker. Let them know when you've filled yours out and that you would like to share it with them on April 14th.
- As a reminder, send them a link to the website LetsTalkAboutLife.com with enough advance before 4/14 so they have time to fill out their conversation starter.
- If you are too busy living to actually *talk* about life on 4/14. No worries, set a plan and do it when you can (just make sure you commit to the date and follow through)!
- This ice breaker and LetTalkAboutLifeDay.com are for informational and inspirational purposes only. No legal or professional advice is offered.
- Need more information or inspiration? Visit LetsTalkAboutLifeDay.com

Here are some additional topics that are important to discuss. Use the "custom items" space for additional topics you want to include in your talk.

- Advance Directive (AKA "A Living Will")
- A ("regular") Will
- Power of attorney
- Finances
- Organ donation
- Any final thoughts, wishes or instructions that are important to you.
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