

7 universal ideas

For Saying Final Goodbye



BE WITH ONE ANOTHER - generously and patiently nurture the relationships you have been gifted with. Prepare your loved ones for the final farewell compassionately. If you are drawn to travel to dream destinations in retirement, perhaps take a grandchild, niece or nephew with you to create a new story for them. This proves to be a transformative way to share the last bit of your legacy.

MAKE A FEAST - not a repast! Take your opportunity to create a large event for friends and family to celebrate an occasion, a birthday or simply a reunion and allow them to see you, as you wish to be seen. Perhaps for the final time: answer questions, resolve misunderstandings, share your memories. Choose your menu, décor and location by which you would like to be remembered by.

CREATE A MEMOIR – process your life the best way you know how! You don't have to write a whole autobiography. You could attempt to write your own obituary, letters or reflections on sections of your life that needed closure. A more creative project could include creating a quilt or scrapbook patched with eventful pieces of your life, or a cookbook with favorite recipes and notes on family memories that bring smile to your face.

MAKE A PORTRAIT – be that a selfie with a Harley motorcycle or a professionally painted portrait. Or perhaps go through the pictures of your youth and select the one that best represents your spirit. Mark this in your final will as the one you would like included on your gravestone.

RECORD AN ORAL HISTORY – more personal than a written record, this could become a wonderful gift to future generations! Many Historical Societies collect these with specific questions of interest. An abundant platform of Podcasts is a powerful and easily accessible way to record your thoughts.

GET A VIEW! – if you are a downsizer, find a place that offers perspective on nature: a cathedral window, a balcony facing towards sunsets or sunrises. If you are the keeper of heritage, find a new place of contemplation. Perhaps an open Church, a bench in the park, a hill to climb. Make it your routine to be still and simply look.

CLEAN UP – however obvious this may seem, go through your possessions with a fine-tooth comb. Share the joy of the items you are ready to let go of with others and unburden your mental load. Create a filing system for your final directives and documents your relatives should know about.