

Guide to Talking About Final Wishes

Talking about your final wishes can be hard. But it's also important.

Before You Begin

- ✓ Let people know what you plan to talk about in advance. This can help them prepare emotionally.
- ✓ If possible, talk with your loved ones while you're still healthy. If you're unwell or in the hospital, this can strain emotions.

How to Start the Conversation

There's no best or easy way to talk about death with family and loved ones, so being nervous or anxious is normal. Start by letting everyone know how important they are to you, and you want them to be prepared.

Three Important Things

Everyone's talk goes a little differently. But, here are three things that can make your talk as productive as possible.



Let them know your planning is an act of love
Planning your funeral is a loving, responsible thing to do. You've always taken care of things and this is just another example.



Walk through your life insurance policy and Planning Guide
The policy will help them understand the coverage you've purchased. And even if your Planning Guide's not finished, this will help them realize how much is involved.



Let them know you hope this brings everyone closer
It can be an emotional talk, but you hope that afterward everyone is thankful you've started the conversation.

Now that you've helped them understand everything that goes into making final plans, you can continue to live your life to its fullest—and to rest easy that you've taken care of things.

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