

Reflection Pages for Writing Your Own Obituary

This is simply a planning tool, *all of the information does not have to be used*, it is to help compile information for you to base your choices on. Be willing to open your heart and mind at all the possibilities for what you want to share about yourself.

Once you have written your obituary, every year at Samhain, take time to revise the information you have recorded and UPDATE your photo!! (Things change!)

The wheel is relentless, please make this practice yours....and may this tool be as insightful for you at it has for me.

*Blessings,
Nora Cedarwind Young*

My name: Do I want this to be my legal name, my magickal name, my nickname, or a combination of the above? How do I want it in the papers?

Photo: Do I have a photo I can attach to my obituary and update occasionally?

Cause of Death: It's customary to include this – people want to know! Do I want to assure this will be included when I cross over? Do I have any situations I absolutely would not want to be in the papers?

Born: Town, State, Country, Date and Year

Parents: Do I even want to mention my birth parents. Do I want to mention only one of them, or do I want to only refer to my parents later, including step and foster parents.

Statistical Record: This can include dates and events such as marriage, divorce, (some folks want to mention partnerships that have ended) partners etc. There is room later for things like travel and major life events.

Survivors: Who are the people in my life I want to be listed? My partners, spouse, lover, children, stepchildren, grandchildren, brothers, sisters, half and step siblings? Note: It is customary for this information to appear near the end of the obituary.

Education and Major Life Experiences, Events: For the purpose of this exercise, you should start with elementary education up through higher education, and be sure to include on the job trades or vocational education. Include degrees or titles if you choose.

What places have I lived: Do I want those newspapers to be notified of my crossing? List towns and states, name of newspaper if you know it.

Are there any organizations that I have been active with in the past or present that I would want notified of my crossing? If so, list them.

How do I want to be remembered?

What am I known for saying to others?

How do I think others see me in the present?

What are some of the life achievements I am proud of, whether I put them in my obituary or not, what are some of my true accomplishments.

(Nothing is too trivial or not important...it all matters!)

How do I want my spirituality addressed in my obituary?

Do I need to create different obituaries for different publications or organizations I am a part of? If so, with who or what, and what should be addressed in each of them?

What would I like to see included in my obituary that I have not yet achieved in life?

Who do I want to be sure to list or reference in my obituary?

You can refer to survivors, but sometimes Teachers, Priestesses, Priests, Gurus etc are important to us to include.

Do I practice a discipline or healing art I want mentioned? If so, what?

What my first job? Where was it and how old was I?

Do I want my military experience or background mentioned? If so, what?

Be sure to list details here, basic training, deployments, training, rank, etc.

If I asked twenty people what they remember about me most, what are three of the most common themes I think they will mention?

Do I have plans for my body after I die? What?

Do I have anything special to say to the world once I have crossed over?

Do I have a specific organization (like Circle Sanctuary, Lady Liberty League, Land Trusts, Domestic Violence etc) that I would like memorial contributions to be made in my name to?

Do I have more than one? Note: Avoid writing, "in lieu of flowers...this is an outdated form of writing. Be specific. "Memorial contributions can be made in Nora's name to...." Be sure to include a mailing address, a web address or phone number. The mailing address is the absolute best.

Do I have an Advance Directive? If so, where is it kept and who has copies of it?

If I am going to have a memorial marker or headstone after my death, do I want any specific emblems on it? If so, what would I like it to look like?

Are there specific organizations that need to be notified of my death?

(Groups, service organizations, volunteer causes, sporting groups/clubs?)

What publications would I like my obituary to appear in?