

## BINDER OF A LIFETIME (BoaL) - CHECKLIST OF POTENTIAL ACTIVITIES

Place a check-mark (✓) for each item you have done and star (★) all you still want to do, or spend more time doing

- Have you (or someone) write your autobiography (biography)
- Do an audio/videotape interview summarizing your life
- Ask family members what they'd like to know about you (lessons learned, noteworthy/favorite events, ...) and then answer them
- Collect your summary of life "products" -- awards, trophies, pictures, hobby outcomes (picture of quilt, garden production, music played, ...) – take pictures, do an audio/videotape or ???
- List all financial accounts (bank, stocks, bonds, etc.) and legal documents for your Executor / family members in a spot where they can find it?
- Complete a will/trust, Living Will and Power of Attorney for Health Care?
- Create a "bucket list"
- Write your thoughts on 1) what are efforts you accomplished or saw others do that are vital to enjoying a great life? 2) What activities have been most important in providing you fulfillment over a lifetime?
- Scan and share all key photographs (so they don't degrade and so that every family member has a copy)
- Convert family audio/video to new technology for easier sharing and less likelihood of degradation (from tapes to DVD/youtube/computer file format)
- Identify up to 100 pictures that summarize your life (so far!)
- Share "objects having special meaning" with your family -- label these, talk about them, etc.
- Capture genealogy information on your immediate family and previous generations
- Share with someone your key website accounts/passwords and/or inform them on where those are stored?
- List some of your favorite books, articles, songs, Bible verses, etc. and explain why?
- Outline what your memorial service (celebration of life) might include -- suggested songs, readings, etc.
- Answer end-of-life questions about casket/cremation, cemetery, etc.
- Write a starter obituary and discuss it with family members
- Inform estate Executor "at a high level" - not necessarily ALL of the details - what will be involved when that time comes?