



**CELEBRATING OUR LIVES
and PREPARING FOR OUR FINAL DAYS**
An important topic for adults of all ages

**Writing the Story of Your Life
&
How to Adapt it for an Obituary**

*When the end of our time on this earth arrives,
we want to leave our families with a clear understanding
of our final wishes and the comfort of knowing
which choices we want them to make on our behalf.*

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About My Life

By: _____

Originally written on (date): _____

Revised on the following dates:

About My Early Life

I was born on (date) _____

At (name of location) _____

City _____ State _____

Parent(s) Names (include mother's maiden name) and any information about them you would like to include (perhaps where they were from or what they did for a living).

They named me _____

Is there any story around your name? If so, you might want to include it:

Tell us about any siblings:

Tell us about close friends, grandparents, aunts, uncles, cousins or other family members, godparents, and any special pets:

I grew up in: _____

Where I loved to... or learned to... or first did something important or met someone important...or discovered my talent for... Tell us any interesting things you want to mention about your early life.

List any of the schools you attended, degrees or awards you received and special friends you made.

Tell us about any faith development in your early years. Did you go to church? Did you attend Sunday School? Were you baptized or confirmed? Did you have any experiences in which you connected with the powerful presence of God?

As a Young Adult

Tell us about any college, post graduate work, fraternity, sorority or military service:

Tells us about the work that you did (paid or unpaid) and any career(s):

Tell us about your relationships and family life. Did you get married, have children (give names, birthdates and city where they were born) or choose a different path?

Where did you live and why? _____

List any other important details such as close friends, important projects, talents and abilities, hobbies and, perhaps, a fun or interesting story about this time in your life:

Tell us about anything that shaped your faith during this time in your life.

Mid-Life

Tell us about important friends and relationships during this time in your life. Did you have grandchildren? If so, list each of their names, parent's names, date of birth and city where they were born.

Where did you live during this part of your life?

List any other important details such as close friends, important projects, talents and abilities, hobbies, and, perhaps, a fun or interesting story about this time in your life:

What made you happiest? What did you enjoy the most during this time of your life?

What did you like to do with your free time?

Tell us about anything that shaped your faith during this time in your life.

Did you volunteer, serve or work to make a difference in the world? Was there anybody you took care of or any important contributions that you made or causes you supported?

Is there anything else you would like to share about this time in your life?

My Later Years

Where have you lived during this part of your life? Where do you live now?

In what ways are you still active? What do you enjoy doing? What's the best part of your day?

Who are the people that are important in your life? What do you treasure about them?

In what ways do you volunteer, serve or work to make a difference in the world?

Are there goals that you are working toward? What plans do you have for the future?

Looking Back on My Life

What surprises you the most about how the world has changed during your lifetime?

What are the most important things you would like people to know about you or remember about your life?

Tell us about the dreams that came true for you or the prayers that were answered in your life.

If you could go back and change something in your life, what would it be?

Please list some of your favorite things,

Favorite flowers: _____

Favorite foods: _____

Favorite times of the year: _____

Favorite hobbies and past-times: _____

Favorite destinations: _____

Favorite books, movies or music: _____

Favorite quotes or words to live by: _____

Favorite Scripture: _____

Favorite hymns: _____

Other favorite things: _____

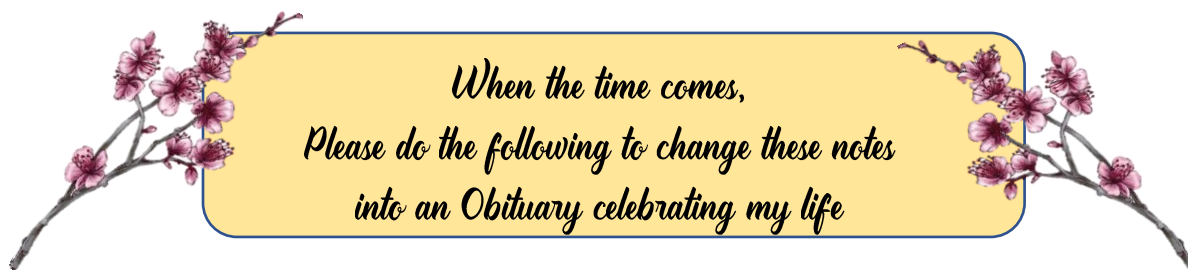
What are some of your “catch phrases” (things you often said like, “whatever will be will be,” or “it takes a village.”)

What important events in history occurred during your lifetime. Where were you when they happened? What would you like us to know about how you, and those around you, were affected?

Words of wisdom about life. What did you learn over the course of your life that you would like to pass on to those who love you?

Messages for Your Loved Ones

Make a list of the most important people in your life and leave a message for each of them. You can make your messages as simple or as elaborate as you would like. Even a simple “I love you,” can make a big difference to someone who is missing you. A funny story or brief bit of encouragement can lift downcast spirits and help your loved ones through the challenges they will face while adjusting to their loss. Your messages can be written, be presented in an audio message, or be a video recording. You might include a picture or some music with your message. If there are young children in your life, you might consider leaving them a note with a stuffed animal or blanket. Some stuffed animals can be made to include a device with a recording of your voice. Begin by doing something simple. You can always add to it later. Here’s some space to write. Go ahead, get started.



1) Add an opening paragraph.

Give my full name and other names by which I was known. Include my age and, the city in which I lived, along with the day and date of death. Sometimes the cause of death is mentioned and a charity listed for memorial donations. Please check below to find my wishes with regard to these questions. Also, include information about any service(s) including date, time, location and information about any reception that is planned.

My Full Name: _____

Nicknames and other names I was known by: _____

Regarding whether the cause of death should be listed in the obituary:

It's fine to include that information I prefer it **not** be included

Regarding Memorial Donations:

Flowers are fine I prefer memorial donations be made

The church or charity I would like to support is: (List one or more.)

My wishes regarding service(s) and reception(s): _____

2) Add a second paragraph that lists family members including those who have already died and those who are left.

Survived by:

Give name and their relationship to you for each person you list. Often included are: spouse, children (in order of date of birth, and their spouses), grandchildren, great-grandchildren, great-great grandchildren, parents, grandparents, siblings (in order of date of birth), other family members. Occasionally the list includes very close friends and sometimes pets (if appropriate).

Here's the list I would like you to include. Please make any appropriate changes at the time.

Predeceased by:

Include here any of the following: spouse, children (in order of date of birth), grandchildren, Siblings (in order of date of birth), others of importance and pets (if appropriate). ***Here's the list I would like you to include. Please make any appropriate changes at the time.***

- 3) **Optional** – Please end the obituary with this final thought, thank you, quotation, poem, or few words that sums up my life:

- 4) **Edit as necessary.** There is likely more information shared here than would typically be included in an obituary. The obituary should be appropriate for the public. Please forward the additional details to the appropriate friends and family members.

Additional instructions: _____

And a Special Note to Those Who are Taking Care of This for Me:
