

Spiritual or Ethical Will

Personal Reflections on Life

HMW believes a person is more than the medical directives, legal forms and statistical information gathered to this point. A life is so much more than any of those documents can ever describe.

We encourage you to consider a different kind of document called a Spiritual or Ethical Will. This kind of document is a written expression of your most important experiences, values, beliefs, life lessons, wishes, blessings and hopes you may wish to share with those you leave behind. Think of it as passing on a legacy about yourself to your loved ones.

A Spiritual or Ethical Will is unique and personal to each individual. The following questions may help you get started, or you may create your own format. For additional ideas, search online for spiritual or ethical will. *Resources: Spiritual or Ethical Wills, pg. 68.*

Share some of your favorite childhood memories...

I felt special and loved, as a child or as an adult, because...

In looking back on my life, I am most proud of...

Share some favorite activities both past and most recently.

Name some people (famous or personal) who influenced your life. Explain how you think you developed differently because of them.

Share some of the important and pivotal events in your life.

Share some of the greatest joys in your life and how they affected the rest of your life.

Share some of the disappointments in your life, how they affected you and how you overcame them. Explain what you learned from these events.

Share some elements of wisdom you learned from your grandparents, parents, siblings, spouse, partner, children, or other non-family members.

Share some things you had to learn from experience.

Write a life motto for yourself, or a saying that represents who you are. If it has changed over time, consider writing one for each different stage of your life.

How I hope to be remembered...

My hopes and dreams for the future...

The values and priorities in life I wish I could pass on to others...