



Have No Regrets Checklist

Live & Leave a Legacy of Love

Ann Ranson
Intentions Work



A Checklist to Help You Live and Leave with No Regrets

- Write a will; share it with those who need to know; tell the executor or executrix where it is located. Consult an attorney.
- Prepare a living will, a health care power of attorney and a letter of instruction that outlines any special requests such as funeral instructions, list of people to contact, etc.
- Sign a health care and traditional power of attorney, if appropriate. For a free form: <https://www.rocketlawyer.com/form/power-of-attorney.rl>
- Write an ethical will, which shares your values, life lessons, blessings, hope and dreams with your family and friends. It isn't a legal document; it's a heartfelt expression your legacy. Read this heart-warming story: http://www.nytimes.com/2014/11/01/your-money/the-ethical-will-an-ancient-concept-is-revamped-for-the-tech-age.html?_r=0
- Make a recording – audio or video. Turn on your phone or video camera and share a story; read your ethical will; leave a message of love or pride. You may have pictures to leave but a recording keeps you alive, in a way, forever - I have missed my mother's voice terribly and wish I had made time to take this simple step.
- Set aside a few hours and do a brief life scan. Review significant events, people and stories. Notice any unfinished business, apologies needed or people you need to contact. Resolve to handle them by a certain date.

- Review your current responsibilities and list of to-do's looking for incomplete but important items, such as a list of all accounts and a list of all account log-in and password information.

Type	Who	Login	Password	Account Number	Phone or Email
Credit Cards					
Loans, Mortgages					
Insurance					
Banks & Financial					
Advisors: lawyer, cpa, broker					

- Consider, discuss and decide on your funeral/memorial/burial wishes.
- Say what needs to be said to those closest to you: apologize, expressions of love, pride or joy, etc.
- Have "the talk" with your family about your final wishes for end of life care and ideas for your memorial and burial or cremation.
- Ask others you know and love to complete this checklist.

"No Regrets" work is part of living and leaving a legacy of love - the most powerful and compassionate gift that you can give to yourself and to your family.

Don't burden them with unfinished business at a time when their grief can be so crushing. Take responsibility and action now so that when your ending days come you won't be wrought with regret or see your family's disappointment.

Living and Leaving a Legacy can take many forms including a simple letter of gratitude, a recorded or written biography, an ethical will or deciding how you want to leave your professional legacy, whether as a leader, mentor or philanthropist.

I am here to help you with any step in *Living and Leaving a Legacy of Love*. Email or call to talk. Ann Ranson: 972.308.6995 or ann@intentionswork.com.