

Greetings Fellow Human!

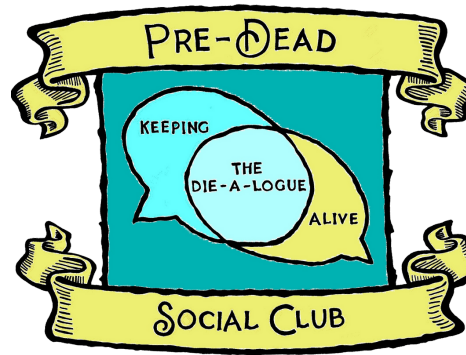
You are holding our nifty navigational thingamamob created to support you and/or someone you care about in answering questions that arise when we come to the proverbial "forks in the road". Yes, we say, FORKS, cuz there will be many.

We all exist somewhere on the spectrum of THRIVING and DYING. At some point we'll be asked to make weighty decisions (assuming death doesn't come suddenly) as they relate to our health and how that affects the time we chose to spend on this planet.

This lil' tool provides an opportunity to:

- Reflect on your cool life and the highlights you might have forgotten = PAST CHAPTERS
- Capture details on what has your attention now and is filling up your todays that support you thriving = PRESENT CHAPTER.
- Be intentional about the road ahead and the things that matter to you = FUTURE CHAPTERS.

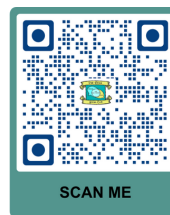
All the best,
~Laura Cleminson, Founder
Pre-Dead Social Club
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The MISSION of the Pre-Dead Social Club is to cultivate multi-generational communities interested in having compassionate conversations about death, dying and end-of-life, making it a bit easier, less burdensome, and more tenderhearted before a life-limiting or terminal diagnosis arises.

We do so by creating opportunities to lean in, get curious and discuss the things that matter most as we contemplate our own eventual end-of-life. How are you navigating death these days?

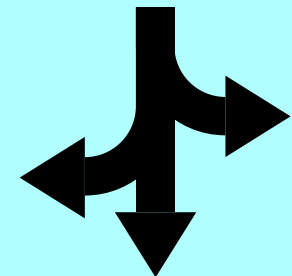
SCAN TO LEARN HOW YOU CAN GET INVOLVED!



www.predeadsocialclub.com

Reflecting On...

**QUALITY
+
QUANTITY
OF LIFE**



**HOW THINKING ABOUT
ALL OF THIS, GUIDES
OUR DECISIONS DOWN
THE ROAD.**

QUALITY + QUANTITY OF LIFE = ROADMAP TO REFLECT ON

Past Chapters

Look in the rearview mirror, consider how far you've come! Go back as far as you'd like. If your memory needs jogging, grab some old photos, call up family, friends, neighbors or co-workers and reminisce.

On a piece of paper list each decade you've lived, leaving room to write. Set a timer for 15 minutes then start writing down anything you remember from each decade in no particular order. Don't edit, go with the flow!

Include notes about family, friends, schools, jobs, health, holidays, adventures, misadventures, stuff you might wince at now, trips and life lessons.

Don't forget to include accomplishments as well as the stuff you overcame, resolved, let go of, learned from.

Present Chapter

Welcome to the here and now! Use the list below as writing prompts to identify things in your life that are important to you and make you thrive. Which of these do you want to do more of? What else would you add to this list?

- ☐ Planned weekly activities.....
- ☐ Relationships + Pets.....
- ☐ Community involvement.....
- ☐ Engaging your endorphins.....
- ☐ Being in nature.....
- ☐ Projects / hobbies.....
- ☐ Volunteer activities.....
- ☐ Religious / spiritual practice.....
- ☐ Job / Career.....
- ☐ Causes you're involved in.....
- ☐ Self care or daily dose of?.....
- ☐ Fuel for your body and mind.....
- ☐ What else?.....

How do your past experiences shape your current definition of THRIVING?

Material for Future Chapters / Opportunities

What are you making plans for?

What would you like to add into your life?

What might you subtract (or do less of) to make room for the things you want to do more of?

What events, gatherings, projects, trips (big or small) are you looking forward to in the next 12 months? These could be solo endeavors or involve family, friends, co-workers, people you have yet to meet, etc.

How do your future plans / opportunities support your current definition of thriving?