End-of-Life Comfort Visualization Worksheet

Imagine your end-of-life is near:

* + Where are you? What do you see? What is the setting?
  + Are there special objects nearby? Things that remind you of good times or special people?
  + What do you hear? Music, nature, children playing?
  + What do you smell?
  + What do you taste?
  + What do you feel? Are you being touched? How?
  + How does your body look? What are you wearing?
  + Who is with you? Is it busy or quiet? Is there a celebration or a party? Or peaceful reflection?
  + What are people doing? What is the energy like around you? Who is *not* with you?
  + Are there poems or books, special words being spoken?
  + What or who, if anyone, is tending to your spirit? In what ways?
  + What, if anything, are people saying to you?
  + What are *you* saying to the people around you?

**Record the details of your vision:**

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