

Making an Ethical Will

How your story will inspire those who come after you.

An ethical will is a document, written by you, that tells your family about your values, experiences, and wisdom. It is your gift to those who come after you – a way to help them live good lives after you have gone.

Your ethical will should be in writing, but you can also record it on a voice or video recorder. The goal is to make it permanent and sharable.

Here are some things you could include in your ethical will:

My Favorite Things

- My favorite place in the world is:
- My favorite artists (musicians, painters, actors) are:
- My favorite books are:
- My favorite movies are:
- My favorite foods are:
- My favorite sayings are:

My Family

- The most important thing I learned from my parents is:
- When I was growing up, these were our traditions:
- My favorite story about my mother is:
- My favorite story about my father is:
- Some things I'd like to share with you about my family when I was growing up are:

My Professional Life

- The best job I ever had was:
- The worst job I ever had was:
- The reason I choose my career was:

My Experiences

- Some of my fondest memories are:
- Some of the events that had the greatest impact on my life were:
- I am most proud of:
- I am most grateful for:
- One of the happiest moments of my life was:
- The people who have influenced me the most are:
- My biggest regret is:
- The hardest decision I ever made was:
- The most difficult time in my life was:
- In difficult times I have found comfort in:
- I would like to ask forgiveness from:
- I would like to offer forgiveness to:

My Beliefs and Values

- My most important belief is:
- My thoughts on religion and faith are:
- I believe that God is:
- My most valued traditions are:
- The causes that have always been important to me are:
- For me, success means:

My Hopes for the Future

- The values I hope to pass on are:
- A mistake in life I hope you can avoid is:
- An experience I hope you get an opportunity to have is:
- When you encounter hardship, I hope you will remember: