Questions for Your Ethical or Spiritual Will

Read through these questions and think about which ones you’d like to answer in creating an ethical or spiritual will. Some may seem redundant; others may not really apply to you. You decide which ones you’d like to reflect on, and feel free to add any other questions you’d like to include. Put a check by the questions you’d like to include. Bring this sheet with you when you come to record.

1. What would you want your great great-grandchildren to know about you?
2. Talk about turning points in your life. What were the times in your life when you made a decision that changed the course of your life? What were the results of the choice you made? How might things have been different if you had chosen the other path? What values became clearer through the process?
3. Have you experienced any particular hardships or problems in your life that have changed you for the better—or worse?
4. What has given you joy?
5. What is your most treasured possession and why?
6. Who are the people who have had the greatest impact on the different phases of your life? Childhood, adolescence, young adulthood, adulthood, retirement.
7. What have you learned from any jobs that you’ve had? If you had to give one piece of advice that would help people achieve greater happiness on the job, what would it be?
8. What do you value most? Have your values changed over the years?
9. What would you like to be remembered for?
10. What do you consider your most important accomplishments?
11. What causes have you supported in your life?
12. What things are you most grateful for?
13. What traditions would you like to see preserved by your family?
14. What life lessons would you like to pass on to your family?
15. What hopes or wishes do you have for your family and/or friends?
16. Do you have any regrets?
17. Is there anyone you would like to forgive?
18. Is there anyone you would like to ask forgiveness of?
o 19. What was the hardest thing you ever had to do?
o 20. What has been life's biggest surprise?
o 21. What are some of the things you've longed to do and have never done?
o 22. What feels unfinished that you would like to resolve?
o 23. Of all your personality traits, which one do you hope your family will remember about you?
o 24. Looking back, which do you think has been the happiest time in your life, and why? What was the worst, and how did you get over it?
o 25. What do you consider the major accomplishments of your life?
o 26. What have been the biggest problems, mistakes, or adversities in your life? How did you learn from them?
o 27. If you had to give advice to the children in your family today, what would you tell them?
o 28. What have you learned from life?
o 29. What activities have you enjoyed the most over the years--cooking, golfing, reading, working, traveling, and why?
o 30. What is the most wonderful place you have visited? Why is it your favorite?
o 31. What's your favorite time of the year or holiday? Why?
o 32. What do you think you have been best at in your life? Telling jokes? Gardening?
   Raising children? Volunteering? What else?
o 33. What was the most embarrassing thing you ever did?
o 34. Tell me one of your favorite adventures.
o 35. What's the funniest thing you think that ever happened to you?
o 36. If you had your life to do over again, what would you do differently?
o 37. What do you remember about the world at different times in your life? Where were you and what did you think during historic events? D-Day? Kennedy's assassination? etc.
o 38. As you look back, what are the three most fantastic changes in the world that you have witnessed?
o 39. What are some of the principles that you have lived by?
40. You have five wishes. They will come true. What are they?
41. Tell about times in your life when you felt full of energy and hope.
42. What have been some of your most romantic times?
43. What are some of the best ideas you've ever had?
44. What have you fought for in your life?
45. What changes have you made reluctantly that turned out well for you?
46. What are the fears you've conquered and how?
47. Tell about a time where you saw a wrong and felt compelled to right it.
48. When were the times in your life when you felt fully committed to something?
49. Tell about a lost opportunity.
50. Tell about a time when you felt like running away.
51. What reconciliations and acts of forgiveness have meant the most to you?
52. Tell about a time in your life when you may have been in the greatest danger.
53. What do you wish you could or would have asked your parents?
54. Now ask that question of yourself.
55. Tell about a time of spiritual crisis and what brought you through.
56. Tell about a time when you felt helpless and alone. What brought you through that time?
57. Whom would you trust with your deepest feelings and secrets?
58. Whom could you always go to for honest answers?
59. Tell about some places of beauty that you cherish.
60. What have you loved most in your life--things, places, ideas, people. Talk about why you've held and been held by these loves.
61. If you were to be honored for something in your life, what would you want it to be?
62. In your life so far, what have been the sacred moments?