

ECLIPSE  
*into*  
HARMONY

# PEACE OF MIND PROJECT

A YEAR OF PLANNING & ACCOUNTABILITY



[www.eclipseintoharmony.com](http://www.eclipseintoharmony.com)

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Dear \_\_\_\_\_

This 12-month guided journey is designed to help you take charge of your end-of-life planning with clarity, intention, and support. Each monthly session focuses on a specific aspect of preparation, helping you build a comprehensive plan step by step.

This series is designed to spread the work out over time, making what might feel overwhelming manageable and approachable. By participating in a group, you'll benefit from shared experiences, diverse perspectives, and a supportive community that encourages accountability and connection.

Together, we'll transform end-of-life planning into an empowering process that brings peace of mind and deepens the meaning of how we live today.

With care,

Bre Clark

Bre Clark, MSW, Death Doula  
Eclipse Into Harmony



# 12 Planning Topics:

1. Identifying Personal Values & Setting Intentions
2. Documenting Your Wishes: Advance Directives
3. Financial and Legal Preparedness
4. Comfort, Care & Final Days
5. Planning for Your Body's Next Step(s)
6. Funeral and Memorial Planning
7. Your Digital Life
8. Decluttering and Organizing for the Future
9. Legacy: What You'll Leave Behind
10. Grief and Emotional Preparedness
11. Talking About Your End of Life Plans
12. Revisit Revise and Reflect



# Setting Intentions

## Part 1

Review the benefits to end-of-life planning, identify personal values, and create a vision for the year ahead.

This section includes:

- Identifying Values exercise
- Setting Intentions



# Identifying Values

## PERSONAL VALUES:

- Integrity:
  - Acting with honesty and ethical principles in all situations.
- Independence:
  - Valuing autonomy and self-sufficiency in decision-making and actions.
- Creativity:
  - Expressing oneself through artistic endeavors and innovative thinking.
- Compassion:
  - Showing empathy and kindness towards others, especially those in need.
- Resilience:
  - Persisting in the face of challenges and adversity, bouncing back from setbacks.

## SPIRITUAL VALUES:

- Faith:
  - Belief in a higher power or spiritual existence that guides one's life.
- Peace:
  - Seeking inner tranquility and harmony with oneself and the universe.
- Connection:
  - Feeling interconnectedness with all living beings and the natural world.
- Service:
  - Finding meaning and purpose in serving others and contributing to the greater good.
- Forgiveness:
  - Letting go of resentment and practicing compassion towards oneself and others.

## CULTURAL VALUES:

- Family:
  - Placing importance on familial relationships, loyalty, and support.
- Tradition:
  - Honoring customs, rituals, and practices passed down through generations.
- Respect:
  - Showing deference and consideration for elders, authority figures, and cultural heritage.
- Community:
  - Valuing cooperation, collaboration, and solidarity within one's cultural or ethnic group.
- Honor:
  - Upholding principles of dignity, pride, and reputation within the cultural context.



# Identifying Values



# Setting Intentions

**What does "peace of mind" mean to you in the context of end-of-life planning?**

**What are the top three values you want your end-of-life plans to reflect?**

**How do you hope this process will impact your life now and in the future?**



**What small, manageable steps can you commit to each month to stay engaged in the process?**

**How can this group support you in staying accountable and motivated throughout the year?**

**What do you hope to gain from participating in this series?**



**Is there a specific aspect of end-of-life planning you feel most drawn to or excited about?**

**How do you envision your end-of-life plans benefiting your loved ones?**

**What conversations would you like to initiate with your family or friends during this journey?**



# Homework, Notes

