

PUZZLESTUCK

THE CARING WAY

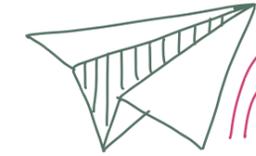
2022 Edition • digital

*Dedicated to Hope in Humanity and Science and the Incredible
Contribution of the WCH for their Service to and Trust in Humanity.*



World Council
For Health

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Congratulations for your Puzzlestück

With a passion for inspiring people to embrace a conversation about death and dying at an early stage in life the *Puzzlestück* was born. Maybe the very things that no one wants to hear about or deal with can bring about change. We spend a lot of time not thinking about the finite nature of all life, because we are afraid of the unknown, afraid of an experience that we all inevitably have to face.

Maybe our fear of dying is in fact the fear of not yet truly living.

Even if we never completely overcome our fears, we could at least try to face them and transform them into something valuable for our life. Here we are going to give that a try, we will keep the fear, but at least let's try and just get started. The secret of getting ahead is getting started.

In your advance planning with the *Puzzlestück* you deal purely hypothetically with your own finiteness, after all.

In addition to entirely planning your own farewell, you can record in your *Puzzlestück* who will take care of your pet when you are gone. You can document who has a key to your house and who is going to clean out and clear up your refuge after your death. You'll be amazed at the vast wealth of digital legacy you've already accumulated. The *Puzzlestück* asks practical questions and provides enough space for all the important information your loved ones should have in order to settle everything with as little stress as possible after your death.

Nothing is set in stone. You can change your mind at any time, just as circumstances in your life can change.

Regularly revising your master plan also provides frequent opportunities to talk openly about these issues with people who matter.

Planning for the end of your life doesn't have to be depressing or scary. It is simply writing a caring instruction manual for the people you love and respect. Taking a few hours out of your life now to express your will gives you peace of mind and serenity and your loved ones a sense of relief by saving them countless hours of grief and sorrow.

Your *Caring Way* is not only priceless for your loved ones, it gives you a sense of control and at the same time offers you a whole new perspective that can help you to live more mindfully and consciously: to live truly and truly live.

Being grateful and aware of the small moments and embracing each moment as it is. Learning to let go, love and live intensely in order to die satisfied, whenever that will be.

You engage yourself purely hypothetically with your own finiteness.



Being grateful and aware of the small moments, and embracing each moment as it is.



INTENTIONALLY BLANK



Recognising your physical mortality can be a way to start living courageously today. Accepting that you too will die one day can assist you in taking an inventory of your life and it opens your eyes to all the possibilities before you. In this way, the awareness of your impermanence can be a catalyst for change. It can help you to discover all the things right now, which you have so far filed under 'someday'. If not now, when? Thinking about your finiteness enables you to feel the scarcity of your remaining time. It can lead you to understand how precious the remaining time is, and to appreciate your actual life more. Even if you have little influence on when and of what you will die, you at least have a certain say in how.

Thinking about your physical mortality allows the scarcity of your remaining time to become perceptible.

Acknowledging our shared finiteness can also help us to build deeper relationships with each other for a sustainable society based on empathy and humanity.

A unified togetherness that doesn't judge and doesn't value, that gives without expectations; an indulgent and respectful attitude of wanting to serve and care for each other - in a nonjudgmental and unconditional way. To think about death means first of all to think about life and maybe in this way we can find in the meaning of death the meaning of our lives.

The *Puzzlestück* is not a legally binding document, but something in writing is better than nothing at all. If you sign and date your *Puzzlestück*, it should be considered morally binding.

For some things you will think, 'I don't know that yet', or 'that could change completely in five years', or you will think 'I will do that tomorrow'. What makes you so sure about having a tomorrow?

Some also say they don't care what happens afterwards, they're gone anyway and won't be around to experience it. Fair enough, but will your surviving relatives also take it so calmly, in moments when they have to make a lot of difficult decisions and search for answers whilst in despair and grief?

Caring about the world beyond your presence in it can inspire you to think about what memories will remain of you.



The *Puzzlestück* is now also available in this interactive PDF format. The table of contents, sources, references, doodles and inspirations are linked. With the Adobe function 'fill in and sign' you can write entries directly in the document and print it afterwards. It is better not to send your *Puzzlestück* packed with personal data by email, as it would also be possible for a digital recipient to modify your data, which may not be in your best interests. Decide for yourself where you feel your data is safest. On your PC, a memory stick, or the printed *Puzzlestück* in a sealed envelope in your sock drawer.

Some entries will change over time. Like debts, your bucket list, or even passwords, they can all change over time.

The pages on which you can leave your last will and testament have perforations marked. Your survivors must submit any testament they find to the executor of your estate. You can pre-write it digitally here, but it is only legally binding if it is handwritten and signed. The chapter 'Digital Legacy' also has perforations marked. This way, if the unexpected happens, it can be found quickly and handed over to the 'trusted friend' you have named as the administrator of your digital legacy.

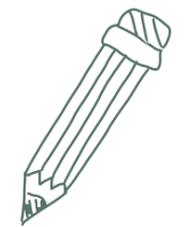
The chapters of the *Puzzlestück* do not rely on each other, you can start with the sections you feel most comfortable. Planning for the end of your life is a very sensitive and personal experience; take your time but «only put something off until tomorrow if you don't mind dying over it.» Pablo Picasso

A *Puzzlestück* is a dual gift. It is a gift for you and a gift for your loved ones. You can also inspire people who mean a lot to you and share your *Caring Way* with them.

We plan birthdays. We plan weddings. Celebrate life by planning for your death as well, because we live and experience our own death only once.

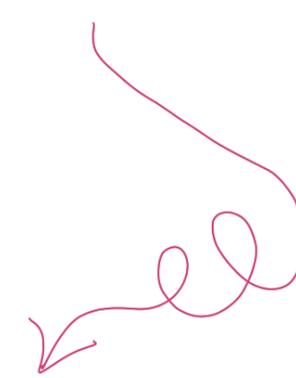


What makes you so sure about having tomorrow?



«Death is only important because it makes us think about the value of life.»

André Malraux



The Author of this Puzzlestück is...

First name(s)

Surname

Nickname(s)

Maiden name

Date of birth

Place of birth

Phone No.

Email

Gender female male

Family status single married living separately divorced

widow|er civil partnership

Street

City

Postcode

Country

Nationality

Religion

Community

Social security No.

Tax No. (if applicable)

Pension Policy No.

Health Insurance

Policy No.

Solicitor

Tax advisor

Bucket Age



«Life given to us by
nature is short; but
the memory of a well-
spent life is eternal.»

Marcus Tullius Cicero

Personal Information

01

* The average age at dying in the UK in 2021 was for men with 76 years and for women with 81 years.
Source: Office for National Statistics



Calculate your Bucket Age -
the statistical time you
have left - by subtracting
your current age from
81 (women) or from 76 men.*

Information about your children

More Information about your minors can be provided in the chapter 'Child Care'.



CHILD

biological child adopted stepchild foster child

First name(s)

Nickname(s)

Surname

Maiden name

Date of birth

Place of birth

other Parent

CHILD

biological child adopted stepchild foster child

First name(s)

Nickname(s)

Surname

Maiden name

Date of birth

Place of birth

other Parent

CHILD

biological child adopted stepchild foster child

First name(s)

Nickname(s)

Surname

Maiden name

Date of birth

Place of birth

other Parent

Information about your partner and parents

CHILD

biological child adopted stepchild foster child

First name(s)

Nickname(s)

Surname

Maiden name

Date of birth

Place of birth

other Parent

PARTNER

First name(s)

Nickname(s)

Surname

Maiden name

Date of birth

Place of birth

PARENTS

First name(s) Mother

Nickname(s)

Surname

Maiden name

Date of birth

Place of birth

First name(s) Father

Nickname(s)

Surname

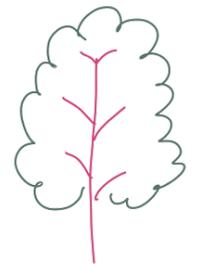
Maiden name

Date of birth

Place of birth

«We have two lives. The second begins when we realise we only have one.»

Confucius



Information about your siblings

First name(s)

Nickname(s)

Surname

Maiden name

Date of birth

Place of birth

First name(s)

Nickname(s)

Surname

Maiden name

Date of birth

Place of birth

First name(s)

Nickname(s)

Surname

Maiden name

Date of birth

Place of birth

First name(s)

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Maiden name

Date of birth

Place of birth

First name(s)

Nickname(s)

Surname

Maiden name

Date of birth

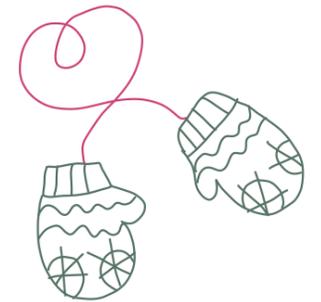
Place of birth

A blank list for contact details of all people and institutions mentioned in your *Puzzlestück* is in the appendix.

Your handprint

Our body with all its parts disappears irretrievably. How big are the hands with which you have held your children? Which finger carries your wedding ring?

Place your hand on this page with your fingers slightly apart and leave a simple contour of the hand that filled in this *Puzzlestück*, for a very special way of communicating and connection with you, should you no longer be there at some unknown point in the future.



Details of your home, mailbox and mail delivery service

If you live alone, who will be responsible for cleaning up and removing personal belongings in your house?

Think about a trusted person who cleans your dark corners, who sorts out embarrassing or even secret or forbidden treasures before someone else sees them.

Name

Who has a key to your apartment

Name

Name

Name

Are there any other keys or access cards Yes No

Do you have a storage facility Yes No

Information about this storage room (location, unit number, access code, ...)

Do you use a mailbox Yes No

Information about this mailbox (location, unit number, access, ...)



Use the key list in the appendix, to document who owns which keys and where duplicate keys are located.

«If you only knew the magnificence of the 3, 6 and 9, you would have a key to the Universe.»

Nikola Tesla

Details of your home, mailbox and mail delivery service

Are you using a mail delivery service Yes No

If Yes, please enter login data here

Post ID

Parcel centre No.

Username | Email

Password

Do mail delivery service providers have access to your home Yes No

If Yes, please fill in here

Provider

Customer No.

Phone

Email

Also good to know

Enter your login details in the chapter 'Online Accounts and Profiles'.



You are the Master of Ceremonies for a personal and unique event

Who organized and directed your last birthday party? Did you let someone else organize your wedding? What about the birth or baptism of your child? Who usually plans your holidays?

Presumably, you have played a significant role in the planning of such major life events. So why wouldn't you also be the director of such a personal but above all unique event as will be your own funeral?!

Planning your own farewell in advance not only gives you peace of mind, but can be one of the most beautiful gifts you leave to your loved ones. Letting them know what you want for this major life event is the greatest example of love.

The period after your death, which also includes the organization of your funeral, can be a very exhausting and stressful time for your relatives. Piety is a matter of perspective. To carry out the wishes of the deceased and not surrender to the conventions and expectations of those around requires strength at a time when one usually does not have it.

As there is often not much time to plan a farewell carefully, your wishes documented here are both invaluable and priceless.

This way you can be a great support for your loved ones even after your death and help them experience this time as healing when dealing with their grief.

Knowing exactly how you wished your own funeral will enable your relatives to experience this phase in a very conscious way. They will be able to honour your last wish and personalise and celebrate your farewell individually according to your life and your wishes. A gift for eternity.

Think of funerals you have attended yourself.

What made them meaningful or unique? Did they provide comfort to the survivors? Did they suit the lifestyle of the deceased? What would suit your personal style? Would you rather be honoured with a classic ceremony or with a colourful celebration of your life?

There are many ways to celebrate a life remembered. You have the privilege of planning an individualised farewell that best suits you; take that freedom because it is your journey and you are the captain.

It is advisable to engage your relatives in the planning. Especially if you choose a type of burial that does not leave a gravesite which can be visited later.

A memorial can help to cope with grief and can therefore be very important for your survivors.



Funeral Order



Mortician

You can find a funeral home near you at www.funeralguide.co.uk



It is advisable to involve several family members and friends in the planning. The desire to fulfil a last wish for the deceased is huge and can help in the mourning process. Team organisation also strengthens a sense of community and makes the mourners feel less alone.

I have chosen this funeral home to take care of my funeral

Undertaker

Phone

Email

Website

I have already left a funeral order with all the details for my funeral with this funeral home

Yes No

Which relative(s) will be responsible for the care of your death and, in consultation with the funeral home, take care of the organisation, design and realisation of your wishes for the farewell

Name

Name

Name

Name

Do you have any wishes as to whether and how this person(s) should be compensated for this

Would you like to be buried according to the rites of a religious confession

Yes No

Obituary

I wish that an obituary of my life be published here

Facebook Instagram Twitter LinkedIn WhatsApp Telegram

own Homepage Company Newsletter Club Newsletter

in these newspapers no newspaper

I have written and designed my own obituary

Yes No not yet

If Yes, please note the location | link or other references on page 212 in my Puzzlestück

If No, I would like the obituary to include the following, among other things

A photo shall be used for the obituary Yes No

If Yes, please record here any notes on the photo

Please mention in the obituary that donations can be made to a charitable cause in my memory

Yes No

If Yes, which institution would you like to receive the donation World Council For Health

I would only like a traditional obituary with name, date of birth and date of death

Writing an obituary of your own life can be a very challenging, at the same time inspiring but also deeply emotional experience. Who were you and how did you influence the lives of your friends, family and those around you? How will the world remember you? What do you want to say to the people you leave behind and how would you describe your own life on an A4 page?

Put a smile on their sad faces, because humour is allowed in your eulogy as well as self-praise and everything you may say about yourself - you have the final word!



Burial Type and Style

What should happen to your body

Resomation Body donation Burial Cremation

Composting

RESOMATION

Resomation - also called alkaline hydrolysis or liquefaction - decomposes the body in a chemical solution. The process takes a few hours and may be considered a favourable burial method with a good ecological balance. What remains is a viscous liquid that is filtered and released into the wastewater, as well as bones that are pulverized into a white powder, which can then be scattered or buried like ashes. Resomation originated in veterinary medicine and has so far only been permitted in a few countries, such as the USA and Canada. Regulatory approvals in the UK are currently being explored.

BODY DONATION FOR SCIENCE OR PLASTINATION

By donating your body, you can provide it for teaching and research purposes or for plastination. In this way, you support the training of doctors or the teaching of medical students. Burial - usually cremation - can take place months or even years after death. With plastination, you forego a funeral altogether. Therefore, it is advisable to weigh the desire to make a body donation well and to discuss it with your loved ones. For a body donation you must make a contract with the respective institute during your lifetime. Your relatives cannot arrange this after your death, even if they know that it would have been your wish.

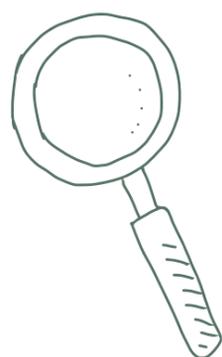
I have signed a contract with this institution for the donation of my body

Science Plastination

Name

Contract documents are filed here

if for any reason it should be impossible to donate my body, my wishes for the type and style of burial are as follow



«Your own death is something you do not have to fear, because as long as you are still here, Death is not, and when Death arrives, you are gone.»

Antonio Machado

Burial Type and Style

CASKET CHOICE FOR BURIAL AND CREMATION

In the UK, there is basically a coffin requirement. However, burials in a shroud without a coffin are possible for religious and ideological reasons.* A coffin is used for the transfer and cremation. In principle, any model can be used for cremation; handles and fittings are removed beforehand.

I have already bought a coffin I made one myself, it's here | I use it at the moment as

My coffin should be made of

traditional wooden coffin

precious wood solid wood basic wood

alternative coffin

Cardboard Wicker Bamboo Willow basket Fungus wicker**

My coffin shall be

of very good quality extensively crafted and decorated, money is not an issue

environmentally friendly and all parts on and in it should be biodegradable

as cheap as possible basic coffin for cremation only

How important is it to you that your final footprint is sustainable

very important important unimportant

What else is important to me in the selection and design of my coffin

if permitted, I wish to be buried in a shroud*

Coffin Clubs have been very popular for quite some time now. A creative community that cultivates an open mind towards mortality and gather to build, furnish and customise their own coffins or those for dying relatives. Occasionally, undertakers offer relatives of a deceased person this healing act of love and respect. You can inquire at the responsible cemetery about how large a coffin may be and what the ecological requirements are.



For fancy coffin design ideas, it is worth taking a look at Ghana, which is known for its long tradition of creative, colourful figure coffins.

* Shroud burial is not permitted in the case of infectious and highly contagious corpses and if it conflicts with public authorities.

** 'Living' compostable coffin consisting of fungi and microorganisms.



Burial Type and Style

The interior should be made of bio-degradable natural materials.

For the lining of my coffin I would like to have personal items (pillows, blankets, ...)

- Yes
- No, only plain white coffin taff

If Yes, you may already know exactly which ones

Which coffin gifts would you wish for

There is a grave site already booked (e.g. shared|family grave)

- Yes
- No

If Yes, please enter here information about the grave site and the filing of the documents

BURIAL

In the case of burial, the deceased is buried in the ground in a coffin. For religious reasons, burial in a shroud is also possible in most states. A burial in the ground can only take place in a cemetery.

- if possible, I would like to wear an Infinity burial suit

An Infinity burial suit is a handmade suit that is completely biodegradable. It contains fungi and other microorganisms that convert the human body into plant fertiliser and simultaneously neutralise the toxins it releases.

Burial Type and Style

What kind of grave would you like in case of burial in the ground

Elective grave With an elective grave you can choose the size and location of the grave yourself. This allows you to purchase a single grave or a family grave in advance. The period of use can be extended. An elective grave allows for personal decisions for the plants and the design of the gravestone.

It would be nice if the grave is located

- sunny
- shady
-

Row grave The row grave is allocated and assigned in order. The location cannot be influenced. Row graves are single graves that cannot be reserved in advance and the resting period cannot be extended after expiration. The design of the grave with flowers and gravestone must follow the guidelines of the cemetery.

Meadow grave After the burial of the coffin, grass is sown over the grave site. You can mark the resting place with a grave plate. Meadow graves are maintained by the cemetery.

Anonymous coffin gravesite An anonymous grave is a meadow grave without marking. The cemetery takes care of the lawn.

Crypt Burial in a crypt means that the coffin is buried in a masonry grave above or below ground. Due to the high costs, this type of burial is rarely chosen.

Grave sponsorship By taking over the sponsorship for an historic grave monument that deserves protection, you can ensure the right to be buried in this grave site in exchange for preservation, care and restoration.

- I leave the choice of the coffin and grave to my survivors

A personal decoration can be limited by your local cemetery regulations.



Different places have different policy. Some cemeteries and crematoria are privately run, others are council run and they all are run on an individual basis. These places can be contacted for their respective rules.



Burial Type and Style



What type of funeral are people choosing - Funeral trends in the United Kingdom.



Cost of Dying Report 2023 on behalf of SunLife

Do you think it is important that you gaze in a certain direction

- East
- South
- West
- North
- No

In the case of burial in the ground, I would be happy to have these people, among others, serve as pallbearers

- every attendee who feels like it
- the pallbearers of the mortician

Do you have a preference for a cemetery in which to bury your remains

- my relatives shall choose the cemetery most convenient for them

CREMATION

In the case of cremation, the body of the deceased lies in a coffin and is cremated. Approximately two to four kilograms of ashes are then placed in an urn. Unlike burial in the ground, cremation offers a variety of alternative burial options.

Do you have a preferred crematorium where your body should be cremated

- I leave the choice for the crematorium to my relatives
- I am fine if my body is transferred to the crematorium in collective transport

Burial Type and Style

I have already designed | made | bought a jar, which will serve as an urn

- Yes
- No

If Yes, please note the place where you store your urn or what you use it for at the moment

If No, would you have any wishes or ideas about the selection of the urn (colour, material, shape, price, biodegradable, ...)

- I would like my relatives to create a decorative urn or design a ready-made urn themselves

What urn gifts would you like to be added

I would be happy to see these people, among others, serve as urn bearers

- every attendant who feels like it
- the urn bearer of the mortician

Fredric Baur, the inventor of Pringles packaging was so proud of his design that he wished to be cremated after his death and buried with some of his ashes in a chips container. His children fulfilled his wishes in 2008.



Burial Type and Style

«The one who plants trees, knowing that she or he will never sit in their shade, has at least started to understand the meaning of life.»

Rabindranath Tagore

ALTERNATIVE BURIAL

Tree of Life burial During a Tree of Life burial, the ashes of the deceased are incorporated into a specially developed vital soil, a substrate mixture, in which a previously selected tree is planted. The rearing of the tree may not take place locally. After about 6-9 months, the funeral home hands over the tree to your relatives, ready for planting. Afterwards, the tree can be planted in the place of your choice and thus create your own memorial place. Whether apple tree, magnolia, oak or ginkgo - there is a wide selection.

Which tree would be your favourite tree

I leave the choice to my relatives

Where could your memory tree be planted

I leave that up to the wishes of my relatives

Forest and tree burial A Friedwald®, RuheForst® or burial forest is not a cemetery. It is part of a natural forest. Burial takes place in biodegradable urns at the root of a tree. If desired, the name plaque of the deceased will be placed on the tree. Leashed dogs are welcome in resting forests. Tree burials are also increasingly being offered by cemeteries.

Would you have a wish for a particular burial forest

Sea burial During a sea burial, a water-soluble urn is sunk into the sea. Relatives can attend this ceremony and receive the exact coordinates afterwards. A funeral service on board the ship is also possible. Burial at sea may be restricted depending on where you live. However, a burial at sea abroad allows alternatives.

Which sea would you like for the sinking of your ashes



Burial Type and Style

Natural burial in the Swiss alps The ashes are spread on an alpine meadow in a sea of flowers or scattered in a mountain stream. You may also scatter them on a cliff in all directions into the wind or from a hot air balloon or from helicopter over the mountains.

alpine meadow mountain stream wind burial air burial

I'll leave that up to the wishes of my relatives

Fountain of Eternity This form of burial is selectively finding its way into cemeteries. The ashes are either directly interred in a communal grave that appears to be a well, or lowered and buried in an organic clay urn. The fountain provides space for a variety of urns and can also be an alternative for burial after the end of the resting period in a plot.

Memorial Reef The ash is used to make an artificial reef, which serves as a habitat for fish and other marine animals. A Memorial Reef so far only exists in a few countries, e.g. in the USA and Canada.

Space burial A small portion of the ashes is sent into space in a special capsule together with others by rocket on a few days each year. The remaining ashes must be buried conventionally.

Gemstone burial Only a portion of the ashes is required for this purpose as well. The remaining ashes must be buried conventionally.

Direct cremation is the simplest cremation available without funeral service or ceremony beforehand. The deceased goes straight to the crematorium to be cremated. After the cremation, the ashes are returned to the loved ones, to be kept or scattered according to the wishes of the deceased.

Scattering of ashes on land or in water There is nothing explicit in legislation to prevent people from scattering ashes, but in most cases you do need the landowner's permission.



Burial Type and Style

A Gravestone can only be placed on a purchased grave. You need to be the owner of the Exclusive Rights.

GRAVESTONE

If you need a gravestone for your burial, what would you like in terms of shape, size, material or engraving?

Perhaps you also have an alternative, such as a boulder or a sculpture, which could decorate your grave instead.

Is there a person (artist, sculptor, carpenter, ...) to whom you would like to entrust the creation and/or design of your tombstone

On my tombstone shall be written

I leave this decision to my survivors

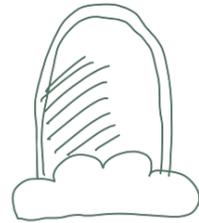
If you would like to have your name engraved on the gravestone with your own handwriting, then leave your signature for it here

If you have decided on a row or elective grave and thus plants are possible, what wishes would you have for the floral design

I leave the choice of planting to my loved ones

Would it be OK for you to have a local gardener take care of the grave maintenance

Yes No



Burial Type and Style

Would you want something else for the use of your ashes instead? Your remains at the roots of a grape vine, as a message in a bottle, mixed into tattoo ink, loaded into bullet casings or pressed as a vinyl record... Or would you like to have your corpse composted in an environmentally friendly way - whatever you would like, here you can write your desires and wishes.



The Farewell

Even if you have opted for cremation, you may still hold a funeral service with the coffin before the cremation. This can be celebrated at a cemetery, church or private funeral home. Saying goodbye to a life sized casket, rather than a small urn, can help children in particular to better sort through and understand what has happened.

Selected crematoria also offer the option of a ceremony during the cremation process. The urn will then be interred or handed over at a later date.

However, the ceremony can also take place in the context of the urn handover and/or the scattering of the ashes.

Would you like a mourning | life celebration in the context of your funeral

Yes No I leave that to my survivors

If Yes, my celebration should take place within the framework of the

the wake laying out in the coffin burial cremation

urn handover scattering of the ashes

in the context of a ceremony without presence and reference to coffin, urn or burial

For the case of witnessing a coffin, I would like to have the coffin

closed open

I leave that to my survivors

In the case of a closed casket, it would be a lovely idea to have it decorated, painted and designed by my guests during the funeral service

Yes No

In the context of an urn burial I wish that the urn be decorated, painted and designed by my guests during the funeral service

Yes No

Should there be a church service as part of your farewell ceremony Yes No

If Yes, is there a member of clergy you would want for it

Wakes are ancient rituals that usually takes place in the home of the deceased immediately after death. Relatives, friends and neighbours have the opportunity to bid farewell. More information can be found in the chapter 'Dying and the Wake'.

The Farewell

Depending on the setting or the theme of your celebration, please choose the appropriate location that you would like.

It could be a park, the beach, your golf club, a boat, your clubhouse, the zoo or any place that is meaningful to you

at home cemetery mourning hall crematorium mourning hall

church at the grave

I leave up to my surviving relatives

Do you have any ideas and wishes for the decoration and design of the venue

Should there be a collect during the celebration Yes No

If Yes, please note your preferred recipient of the money collected and any additional notes, like a specific jar, which could be used for this purpose

World Council For Health

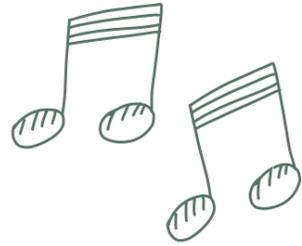
Do you have a wish regarding floral arrangements and flowers

What would you like to suggest a dress code for your mourners

You will find a blank list for the people and institutions to be invited to your farewell ceremony in the appendix.



The Farewell



Login data for your playlist can be typed in the chapter 'Online Accounts and Profiles'.

Do you have a playlist of music that can be played during the celebration

Yes No

If Yes, where is the playlist and is it online, requiring login data

If you don't have your own playlist*, what music should be played during the ceremony? Maybe you have your own or a favourite band, or someone you know that sings

Would you want someone to give a speech or write something to be read during the ceremony

When you prepare your own speech, where will you keep it and do you have any wishes as to who should read it aloud

on page 212 in my Puzzlestück

Do you have special wishes, about what should be sung, danced, said, done, played, organized, ...



The voice of a person is one thing we forget quickly and is difficult to recall from our memory. You could also record your own speech so that it can be played during the farewell ceremony and at any time afterwards.

* In March 2019 'Everybody is free (to wear Sunscreen)**' was the inspiration for a Puzzlestück Playlist. The most played songs in funerals worldwide puzzled their way into it and so it grew and grows. Where words leave off, music begins. And if the music is good, You dance.

** I trust in sun

The Farewell

During my celebration drinks and/or snacks should be served Yes No

If Yes, please specify your thoughts on this; perhaps you have a favourite drink or snack

there should be a funeral banquet only after a classical funeral service

Which location do you suggest for it

Which menu and drinks would you serve here

Would you like that your guests be presented with a memento Yes No

If Yes, what could this be

Would it be ok for you to have your funeral webcasted, so that those who cannot attend can participate in this way

Yes No

Do you want a website, dedicated to you to serve indefinitely as a memorial place

Yes No

A funeral reception has many names depending on cultures and religions. It can be called a Flanneris, a mourning café, a sorrow meal, a tear bread, as well as solaca, meal of regrets, cremess or fur booze!



The Farewell

Would you like your farewell to be photographed as a memento for loved ones Yes No

Are there other ideas or rituals you would like for your farewell?

Maybe you want pictures of yourself to be shown during the ceremony and your siblings to play the guitar. Would you like your funeral service to be held under the full moon or the guests bring their pets? Or maybe you like the idea of having all the guests gather for the tossing of your funeral bouquet...

Whatever it is, whatever comes to mind, write down everything that tickles your fancy for your own farewell

«The most beautiful thing a person can leave behind is a smile on the face of those, who think of you.»

Folk wisdom

Handwritten notes area with wavy lines.

Is there anything you wouldn't want for your farewell

Handwritten notes area with wavy lines.

The above planning for my funeral and my farewell would be my personal preference. However, my survivors can arrange everything as it feels right for them at that moment. No matter what you choose; I don't want you to be stressed or even worried about whether you made the right choices; it is OK with me how you celebrate it. Take the time and space you need, you have my full trust and I am sure I will like it too.

Handwritten notes area with wavy lines.

Funding

Funeral costs depend on the region, the type of funeral and the number of tasks your relatives handle themselves. The municipal fees for acquiring a plot in a cemetery - which can vary considerably between municipalities - also have an impact. It is therefore advisable to obtain quotes for the type of burial you prefer. There's no set rule for who pays for a funeral. Legally responsible for the costs are those who are named as executor of the will.

I could afford to die today Yes No

I have already paid for my funeral in advance Yes No

If Yes, please enter contact details and information here see page 18

Handwritten notes area with wavy lines.

The amount also covers the cost of grave care during the resting period Yes No

I am a member of an association | organisation that pays death benefits Yes No

If Yes, please enter contact details and information here

Handwritten notes area with wavy lines.

My survivors are entitled to remuneration from the following insurance policies and/or savings contracts, in order to be able to finance my funeral

- inheritance insurance life insurance accident insurance
- civil service pension plan company pension plan private pension insurance
- third party savings contract

Handwritten notes area with wavy lines.



You may be able to get benefits and financial support for a funeral you're arranging. www.gov.uk/funeral-payments



You can enter details in the 'Insurance' section. Please also note the period in which your death must be reported to the respective insurances according to their terms and conditions.



There is space for the details of your savings contract in the chapter 'Banking and Deposits'.



Funding

Please use these lines if you have other ongoing sources of income besides your normal income or pension that your relatives should know about (renting, online trading, affiliations, ads, podcasts, influencers, maintenance, royalties, ...).

«If something comes to life in others because of you, you have made an approach to immortality.»

Norman Cousins



Lined area for writing additional information regarding funding sources.



Estate Administration

My estate administrator shall be

Name

The estate administrator receives a copy of my *Puzzlestück The Caring Way*

Yes No knows where to find it in case of need

The administrator of my digital inheritance shall be someone else, namely

Name

Do you want to compensate the executor in any way for this task

Do you want to let your estate administrator(s) know something

Lined area for writing details about estate administration, including names and preferences.

You can name any sovereign person to be administrator of your estate, including family or friends. For further explanations have a look in the Glossary.



Terminal Disease

We all have values and preferences regarding our health and personal care. It is important to think about these values and preferences, discuss them and record them in the form of an Advance Care Directive. Only in this way can your wishes be understood and respected if you are in a situation where you can no longer express them yourself.

Whether you are healthy now or already suffering from health problems, it's worth thinking about it. If you are dying due to a terminal illness or accident, it is about the greatest possible comfort for you but also for your loved ones.

The dying process is different for everyone and is influenced by age, general health, illnesses and/or injuries, and mental state. It can happen very quickly or take several days and weeks, even months or years, depending on your personal conception of illness and health. Do you want extraordinary measures and is your pain properly treated? Do you want palliative care? These are all questions that you can address with an Advance Care Directive to ensure that your wishes are respected. Because a good death is part of a good life.

What does quality of life mean to you? How might your values and beliefs influence the choices you make about medical treatments? Everyone has different ideas about what makes life meaningful and worth living. For some, it means staying alive as long as possible, no matter what. For others, life loses meaning when they can no longer communicate with their loved ones.

This chapter gives you prompts to think about what you want and you can use it as a basis for the formulation of your Advance Care Directive.

If I had an incurable disease that would lead to death, I would want

- not to know how quickly it will progress
- an estimation of how long I have to live
- to only be told the essential
- detailed information about my condition and treatment
- medical natural treatments for as long as possible
- to favour quality of life over lifespan
- to only receive treatments that respect my comfort and dignity and not those that try to prolong my life with no prospect of improvement
- not to have pain to receive palliative care
- to be sedated, even if it means I may die sooner as a result, if my pain and distress are difficult to control

See the Glossary to know what an Advance Care Directive is.

Dying

03

Terminal Disease

Do you want to include other members from your community, such as a religious representative

Yes No

What could your condition mean for the people who will take care of you

Have you experienced the loss of a loved one, and has that person's illness or medical treatment affected your attitude to death and dying

Have you experienced the end of another person's life that you either would want for yourself or would prefer to avoid

Which aspects of your life are currently important for you? For example, your independence, activities you enjoy, your hobbies, travel, sex, the communication with your loved ones...

Terminal Disease

If you were unable to participate in some or any of these things, are there any situations in which you would find life-prolonging treatments unduly burdensome and would prefer that they be stopped or limited

Are you afraid of dying or are you afraid of death

In case you suffer from a terminal disease, what are your major fears

In relation with this, what are your concerns regarding the future

What goals are most important to you in this case



Terminal Disease

What compromises are you willing to face in order to achieve these goals

Handwritten lines for notes.

I do not want to make these compromises

Handwritten lines for notes.

What gives your life meaning at the moment despite a terminal illness

Handwritten lines for notes.

Is there anything you look forward to despite the certainty of death approaching

Handwritten lines for notes.

What would be an ideal death for you

Handwritten lines for notes.



*«What the caterpillar calls the end, the rest of the world calls a butterfly.»
Lao Tse*



Medical Information

Please mark the physicians who have a copy of your advance care directive on file

My family doctor is

Phone

My dentist is

Phone

My holistic practitioner is

Phone

My medical specialist for

is

Phone

My medical specialist for

is

Phone

My medical specialist for

is

Phone

For regular medical prescriptions, please note the contact details of your chemist

Name

Phone

Email

Handwritten lines for notes.

«Life is like being at the dentist. You always think that the worst is still to come, and yet it is over already.»

Otto von Bismarck



*We support the world with information and personal resources to empower your health.
World Council For Health*

Medical Information

«From time to time
life reminds us
how precious our
life time is.»
Ernst Ferstl

Are there treatments that you are currently taking to support your comfort and care

Yes No

.....
.....
.....

Do you have conditions or allergies that impact your life significantly

Yes No

If Yes, please note here which ones they are, as it may be pertinent for your relatives and descendants

.....
.....
.....

Are there any genetic|inherited health issues in your family Yes No

If Yes, what are they and how did your ancestors die

.....
.....
.....

COVID Injection* Pfizer/Biontech Moderna AstraZeneca J&J No

Sputnik V Sinopharm Novavax

Batch No. | when | where

.....
.....

* World Council For Health Pharmacovigilance Report



Medical Information

I have a pacemaker Yes No

I am an organ donor Yes No

If Yes, which tissues and organs may be donated

all useable organs and tissues only these organs and tissues

.....
.....
.....

If No, let this person decide

Name

If permitted, I would like my family to know who has received my organs

Yes No

Is there anything you would want to tell the recipient of your organs

.....
.....
.....

If possible, I wish to have autopsy of my body Yes No*

If Yes, these are the reasons

.....
.....

I am using a medical device that needs to be returned (hospital bed, walking aid, ...)

Yes No

If Yes, please enter here all the details for a return to the owner

.....
.....
.....

* May be instructed by law if necessary.



There is no maximum age for organ donation. The relevant criterion is the biological and not the calendar age.

It will be considered that you agree to become an organ donor when you die, if you are over 18, you have not opted out or you are not in an excluded group.



«You cannot find that for which you do not look.»
Dr. Ryan Cole



Death within Life

When and what was your first experience with the death of a person or even a pet

Handwriting practice lines for the first question.

I believe this happens after death

Handwriting practice lines for the second question.

If you could send out signs after your death, what would they be

Handwriting practice lines for the third question.

This comforted me when I experienced a loss

Handwriting practice lines for the fourth question.

«Death declares us Love.»

Luna & Moon



Death within Life

This is how I would comfort you in your sorrow

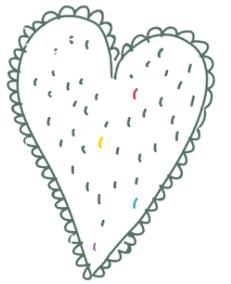
Handwriting practice lines for the first question.

After my death this is what I hope and wish for you

Handwriting practice lines for the second question.

What would be your best advice for those you leave behind

Handwriting practice lines for the third question.



«Dead is only who's forgotten.»

Immanuel Kant



Dying and the Wake

For the basic bravement care, you can attend a 'last aid' course. This is offered in some places to provide people with basic knowledge about the process of dying, so that they may approach it without hesitation or fear.

Like a birth, which begins with contractions and proceeds through a sequence of events, the natural dying process also follows a sequence of physical events. With trust in their own wisdom and intuition, each person is able to care for their dying loved one and accompany them on their final journey. How would you want to die yourself? What does dying in peace mean to you? Who would you like to have present and who would you like to thank or forgive? Would you like someone to read to you, massage your hands, or would you want your pet near you? Where would you like to die?

Dying seems like the ultimate loss of control, but with your *Caring Way*, you retain the moral authority to plan and shape your life with dignity until the end.

I am a soul with a body a body with a soul soulless

If you could, would you like to know beforehand how dying feels like Yes No

Would you like to know when you die and how Yes No

When you think of your own death, do you

feel sorry for yourself feel sorry for the people left behind

Would you like to be immortal Yes No

Do you hope for an afterlife Yes No

Do you believe in rebirth Yes No

Would you like to die outdoors, if circumstances allow it

Yes No

I would like to spend my last hours here

home hospice care facility hospital

Home means here for me

«The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence.»

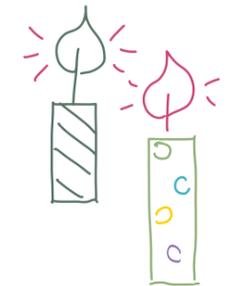
Nikola Tesla

Dying and the Wake

In many communities around the world, dying is still embraced as a natural part of life and there are many ways to celebrate and remember the dead, whether it is a home altar with precious objects and offerings, an annual celebration on the Day of the Dead, or in some communities the dead are even disinterred, celebrated, reclothed in fresh, new clothing, and reburied.



Discover what a hospice is in the Glossary.



Is there a particular room or place in your chosen location where you would enjoy being to die

If your first choice is not possible due to circumstances, what would be your second choice

If I am to die in a hospice, I would like to move in beforehand

Name

I have no preference for a particular hospice

Who would you want to be with you when you die

Animals have a calming effect and are very important for many people. Are there pets | animals - they do not have to be your own - that you would like to have close to you



Dying and the Wake

Hearing is the last sense we lose when we die. What soothing words would you like to hear and from whom would you most like to hear these words

Handwriting lines for the first question.

I would love to hear religious or spiritual readings and poems read out

Yes No

What sounds and noises would you enjoy silence

Handwriting lines for the second question.

I could imagine enjoying this music being played

Handwriting lines for the third question.

Do you have a favourite scent that you might like

Handwriting lines for the fourth question.

What is the most important thing that should surround you in your last hours

Handwriting lines for the fifth question.

*«Death is absolutely democratic. Out of 100 people 100 die.»
Heiner Geißler*



Dying and the Wake

Do you celebrate any special rituals that you might want to have performed

Handwriting lines for the first question.

*Home are two eyes
and a heartbeat.*

If you are approaching death and can no longer communicate, are there things that your family | friends should know

Handwriting lines for the second question.

As a support for me and my loved ones, I would like to have a death doula by our side

Yes No

If Yes, maybe you already know someone who could accompany you

Name

Handwriting lines for the name field.

Your last sentence

Handwriting lines for the last sentence field.



*You can find out more
about the tasks of a
death doula in the
Glossary.*



Dying and the Wake

«Life does not cease to be funny when people die any more than it ceases to be serious when people laugh.»
George Bernard Shaw

What else is important to me

- I want to die in peace and dignity
- I want to be cared for with respect and cheerfulness, not only sadness
- I want pictures of my loved ones in my room
- I want my lips and mouth to be kept moistened, to avoid dehydration
- I always want to be kept fresh and clean
- I want personal care such as shaving, manicures, hair and dental care, as long as they do not cause me pain or discomfort

From which person(s) do you wish to receive this personal care

Name

Name

Name

- trained care personnel

For my comfort and relief and if possible, I would also like

- regular warm baths frequent massages anointing of the sick*
- the satisfaction of my sexual needs therapeutic touch or aromatherapies



* Churches offer the anointing of the sick; a pastoral care that goes beyond words.



Dying and the Wake

What I also care about

- I ask that my family, friends and caregivers respect my wishes, even if they do not agree with them
- I would like those around me to perceive my dying as a time of personal growth
- I want my family and friends to know that I do not fear death itself
- I could imagine that death is not the end, but a new beginning
- I would like my family members to make peace with each other before I die, if they can
- please do not fight about my estate
- I would like to talk openly with our children about death, so they can talk about their fears and grief, have all their questions answered, and deal with the subject in a natural way
- I would like my loved ones to live on and have a healthy, happy life, even though we will miss each other
- my death shall not become the centre of your life, please make the best of your own remaining time
- learn from the bad times we had but please focus on the good ones
- I don't want you to forget me
- Thank You



«Consciousness is the great gift of death. For everyone, authentic life begins at death - not our own, but someone else's.»
Rachel Naomi Remen

Dying and the Wake

Corpses are usually not toxic. Although the decomposition process produces toxins as breakdown products of proteins, contact during dressing, handling, reburial is not dangerous, assuming the deceased did not suffer an infectious, notifiable disease. One cannot be poisoned by skin contact or inhalation; cadaveric poisoning is a myth.

By having the body removed immediately, many relatives deprive themselves of a dignified moment to pause and say goodbye, which is so important for the grieving process. Yet the sight of a deceased person is usually very peaceful and everyone has the time for a traditional wake. A deceased person may remain at home in bed or in a coffin -open or closed- after death before a funeral home comes to collect them. It is also possible to have a funeral home bring a deceased person who has died in a hospital or care facility home first*, in order to say goodbye there in peace with family and friends. Being able to pause in the hours after death and consciously experience this quiet time is so important for those left behind. Visiting and touching a dead body can be a very healing experience, allowing death to be in the truest sense of the word.

We should no longer let our deceased be taken away from us immediately, and claim back this precious space and time. Until a few decades ago the rituals of washing, laying out and saying goodbye were part of the usual everyday routine of dealing with the death of a loved one.

#knol

The respectful washing, which is less about hygienic care and more about a ritual gesture of gentle touch and light wiping with a moist tissue, and dressing of a deceased loved one can be an important and very fulfilling experience, and thus a great gift for your loved ones.

Muscle contraction, also called rigor mortis, occurs gradually usually from top to bottom, depending on the circumstances. It develops fully after a few hours and releases a few days later.

Which persons would you entrust with this privileged task, provided that they themselves also wish to do so (if possible at least two persons)

Name

Name

Name

Name

I would prefer to have the caring and dressing of my body done by the personnel of a funeral home

Embalming The embalming process slows down a body's natural deterioration and involves the removal of a body's natural fluids, which are replaced with embalming fluids (chemicals and natural oils) to help preserve them for longer.

* The transport of a deceased requires a hearse. It is a funeral car, which is registered as such in the motor vehicle registration certificate and is equipped for transporting deceased. Also horse carriages, oldtimers or a Harley Davidson authorized for this purpose can serve as a hearse. There is also an environmentally friendly alternative in the form of a coffin bicycle.

Dying and the Wake

I would to be dressed in these clothes | outfit after I die

please use clothes offered by the mortician, this can be

simple exclusive I don't care

Do you have special wishes regarding hair, make-up, nails, shaving, jewellery, fragrance or other, what do you think would be nice for your family

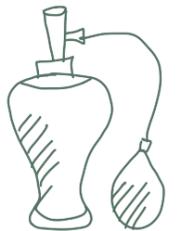
What personal items would you like to take with you (glasses, wedding ring, earring, piercing, necklace, ...)

If your dead body is discreetly covered with petals, what flowers would you like to use

Is there anything else you want your body to be covered with (e.g. silk sheet, banners, prayer beads, flag, favourite hat, photos, ...)

You may of course also choose to be naked in the coffin.

Shoes are not welcome in some crematoria.



Dying and the Wake

Do you mind if the people who want to come to pay their respect to your remain

Yes No

A blank list for the names and contact details of the people who should be informed about your death in a timely manner can be found in the appendix.

If Yes, where could this laying out take place (at home, church, funeral home, any other special place or location)

Would it be OK for you if your loved ones had a death mask made of your face or a fingerprint made as a remembrance

Yes No

Please use these lines if you have further thoughts and wishes for the care of your dead body

«Death is our friend, precisely because it brings us into absolute and passionate presence with all that is here, that is natural, that is love.»

Rainer Maria Rilke

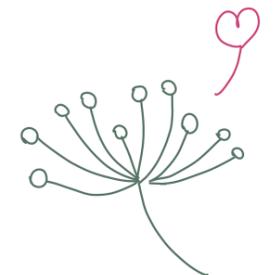
if everything turns out differently than planned and written here by me, then so be it and it is also OK, my loved ones will make choices from the heart

Before I die

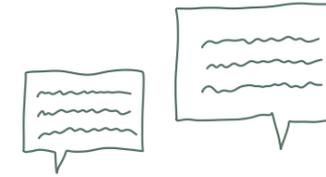
I want to

«Only put off until tomorrow what you are willing to die having left undone.»

Pablo Picasso



The conversation nobody wants to have



What makes a conversation with those close to you about how you envision your departure so difficult?

Many people shy away from bringing up the subject because they don't want to sound negative or even morbid and depressive. They have the feeling that they are speaking to soon, they do not want to create an atmosphere, they are trying to be considerate and not to emotionally overwhelm or frighten anyone.

No one wants to think about your death and you worry about saying the wrong thing or having a disagreement about some aspect of your wishes.

Some families simply maintain a tradition of not talking openly about difficult subjects. There is also the idea that talking about death is a bad omen and that will make it happen soon. Or there is the thought that open communication might unnecessarily burden a terminally ill and dying person and might hasten their death that way. Also, an overly optimistic expectation from a diagnosis and hoping for a miracle can paralyze verbal communication.

Relatives can even decide that it would be best for the dying person not to learn anything about their diagnosis, so as not to burden or upset them. In this way they avoid valuable last conversations in order to supposedly protect themselves and each other.

This is a well-meaning lie that makes it impossible for all involved to say goodbye properly and could make the time afterwards far more traumatic.

Feeling more reassured and competent regarding the finite nature of life are two excellent reasons to address this important topic early on. Such a conversation is easier to have around the kitchen table than in doctors' offices and emergency rooms, when grief, shock and confusion completely overwhelm rational thought.

Reflecting on your life with the people you love and planning for the future - including your eventual death - can be a meaningful and rewarding experience that connects families and strengthens relationships. It can also be an opportunity to tell people around you what they mean to you.

It brings us closer together, reminds us of our humanity and makes us stronger, braver and wiser.

Present your family with a gift and talk to them about your wishes and plans for the end of your life.

Choose people you want to talk to and share only as much information with them as you feel able to. You may want to discuss it with a good friend first, who may also be afraid to talk openly about it with relatives. **The reality is that we all think about death. We just don't dare to share our thoughts.** In fact, fear of death is one of the main engines in our decision-making, often to our detriment.

It might calm your loved ones if they understand why it's important for you. Choose a time and place where you won't feel disturbed or rushed, and inform your family in advance so that the conversation doesn't surprise them. Instead of covering everything in one conversation, you could also have a series of small dialogues. It may take some time to fully address all of your wishes.

You should not try to rush this process. Take notes beforehand and don't be embarrassed if you get emotional. Be honest and talk about all your feelings, not just the positive ones - be vulnerable, it's worth it.

Lightness and humour are always the best ice-breakers.

Start with your knowledge of a particular topic or find your way into an informative exchange through funerals you've attended yourself. Share your wishes and ask your loved ones if they have any ideas of their own. **It's often easier to ask for what they wouldn't want.**

Do not force anything, because it can take some time until your interlocutors warm up to the topic, and there is no right or wrong way. **Whether you want to discuss your own *Caring Way* or you want a completed master plan from a specific person, use the *Puzzlestück* as an icebreaker or ask your loved ones to also fill one out, each can do their own.**

After this kind of conversation, you and your relatives will be well informed and better prepared to fulfill your wishes, or even each other's wishes. You will be able to advocate for each other more decisively and confidently. Knowing how each of you wants to live out their last months, weeks and days, the treatments you may or may not want, and the implementation of your self-orchestrated goodbyes, gives everyone a sense of security and control. It can make the departure more bearable and makes it easier to move on without the other person.

The best time for this conversation is now, because talking about death now means not only a better dying, but also a better living. And even if nobody wants to listen to you right now, at least inform your loved ones about the existence of your *Puzzlestück The Caring Way* and make sure that your master plan will be found in case of an eventuality.

Child Care

You love and raise your children and know what is best for them. But what will happen you are the only one with parental authority and can no longer be there? Or, if no legal guardians are available? Who will then take care of your child and who will manage their financial inheritance? Should the guardians unexpectedly no longer be able to or be present, someone else will take care of the upbringing of your minor children. Without a Child Care Order, it is the courts that will appoint a legal guardian. To ensure that a guardian would meet your wishes and that you would know that your child was in good hands, make arrangements for your own peace of mind, but above all out of love for your child, and formulate a Child Care Order today.

Think of a person or family who shares your beliefs and vision of life, whose personality and lifestyle are most compatible with your child's nature and interests. A person with a similar parenting style, which will allow your child to integrate and develop well. Someone who, at best, your child already knows and who is able to spend time, energy, health, emotional and financial resources to raise your child in your and their best interests.

Explanations about the Child Care Order can be found in the Glossary.

The Child Care Order for my minor children is filed here

CHILD

First name(s)

Nickname(s)

Surname

Date of birth

Place of birth

Custody 50% 100%

other Guardian(s)

Daycare | School

Paediatrician

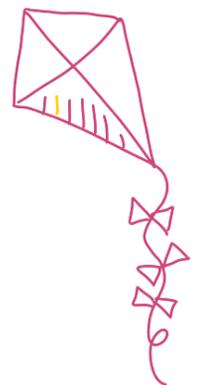
Godparent(s)

Favourite dish

Favourite cuddly toy

Best buddy

Hobbies | Activities | Clubs



Caretaking

04



Child Care



«To be in your children's memories tomorrow, you have to be in their lives today.»
Barbara Johnson

Phobias

Allergies

Medications | Vitamins | Supplements and dosage

COVID Injection Pfizer/Biontech Moderna AstraZeneca J&J No

Batch No. | when | where

Does the child receive child support Yes No

If Yes, please specify the person or institution liable to pay child support

Who will take care of your child

Name

Who is not eligible to be a guardian

CHILD

First name(s)

Nickname(s)

Surname

Date of birth

Place of birth

Custody 50% 100%

other Guardian(s)



Child Care

Daycare | School

Paediatrician

Godparent(s)

Favourite dish

Favourite cuddly toy

Best buddy

Hobbies | Activities | Clubs

Phobias

Allergies

Medications | Vitamins | Supplements and dosage

COVID Injection Pfizer/Biontech Moderna AstraZeneca J&J No

Batch No. | when | where

Does this child receive child support Yes No

If Yes, please specify the person or institution liable to pay child support

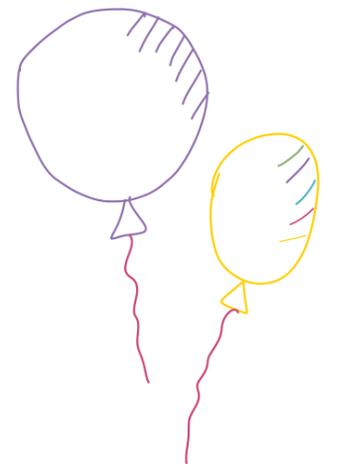
Who will take care of your child

Name

Who is not eligible to be a guardian

«What am I living for and what am I dying for are the same questions.»

Margaret Atwood



Child Care

CHILD

First name(s)

Nickname(s)

Surname

Date of birth

Place of birth

Custody 50% 100%

other Guardian(s)

Daycare | School

Paediatrician

Godparent(s)

Favourite dish

Favourite cuddly toy

Best buddy

Hobbies | Activities | Clubs

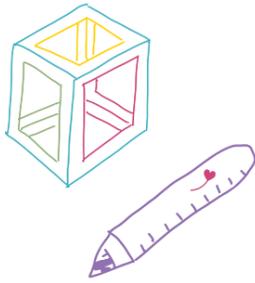
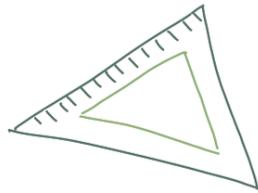
Phobias

Allergies

Medications | Vitamins | Supplements and dosage

COVID Injection Pfizer/Biontech Moderna AstraZeneca J&J No

Batch No. | when | where



Child Care

Does this child receive child support Yes No

If Yes, please specify the person or institution liable to pay child support

Who will take care of your child

Name

Who is not eligible to be a guardian

If there are no loved ones who can care for your child(ren), what arrangements do you wish to make instead? Please also think about the case that both parents die

Will you leave something for your children to support them with their grief

Whether it's personal notes, recipes, knitting patterns or ideal values; it's never too early to think about it and maybe even prepare one or the other

Yes No

Do you talk about death with your children Yes No

What else feels important



«If people don't have more children, civilisation is going to crumble, mark my words.»

Elon Musk



Elder Care

Primum Non Nocere

Your elder is a precious responsibility. And although you and they may be well and healthy now, nobody ever knows what the future holds. In the same way they might have cared for you when you were vulnerable, it is your turn to take the reins and direct them to the best possible care and comfort in their old age. Make sure that their needs are covered in the event that something happens to you. Get your family together and make sure everyone's wishes are known so that, in the event, you can gladly fulfil them, or ensure others can do it for you.

Have you had a family council to discuss with everyone how they envisage the care and life of your elder

- Yes No not yet scheduled

Has your elder completed a *Puzzlestück* Yes not yet

If Yes, it is located here

- all her|his wishes and rituals are filed in there

YOUR ELDER

First name(s)

Nickname(s)

Surname

Date of birth

Place of birth

Healthcare provider

Daily care provider

Daily routines and rituals



Elder Care

Favourite dish

Favourite comforting object | furnishing

Best friend

Hobbies | Activities | Clubs

Phobias, Quirks, Tics or Obsessions

Allergies

Medications | Vitamins | Supplements and dosage

COVID Injection Pfizer/Biontech Moderna AstraZeneca J&J No

Sputnik V Sinopharm Novavax

Batch No. | when | where

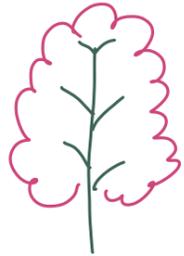


«The greater the roof damage, the better the view at the stars.»

Dr. Thomas Binder



Elder Care



«Nothing in biology makes sense, except in the light of evolution.»

Theodosius Dobzhansky

Does your elder receive support (disability allowance, pension) Yes No

If Yes, please specify the person or institution liable to pay support

Who will take care of your elder

Name

Who is not eligible to be a guardian

If there are no loved ones who can care for your elder, what arrangements you agreed on instead

Will you leave something for your loved one to support them with their grief

Whether it's personal notes, ideal values or gratitude and thanks Yes No

Is there something you'd like to explore, discover or adventure together with your elder



Elder Care

Do you talk about death with your elder Yes No

What else feels important and right

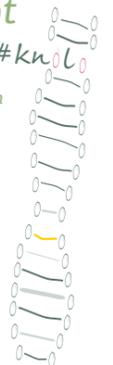
In cemeteries, there are often two waste bins, one for 'rotting' and one for 'non-rotting' waste.

Imagine walking around in a cemetery at the age of 90 and you realise these two options.

imag[!]ne...

«Weeds do not die.» #kn0t

Dan de Lion



Pet Care

Your pet's world is all about you, so it won't be an easy time for your furry friend either, should you ever be gone. By providing all this information, it can be a good new beginning for your pet and his new companion despite the separation. Once you've identified pet parents, talk to them about it to make sure they're happy to welcome your pet into their lives. Something like this should not be a surprise, they should know each other and preferably like each other.

Please also remember to talk about the costs involved in this lovely adoption. Pets can't legally receive an inheritance but you can leave your estate to a certain beneficiary, and entrust them with the care of your beloved companion, to make sure that your pet has a good life after you die.

PET

Name Date of birth

Nickname(s)

Type Gender male female

Race Color

Chip | Tattoo No.

Veterinary

Health Insurance | Policy No.

Liability Insurance | Policy No.

Allergies

Medication | Supplements and dosage

Feed brand

Feeding instructions

Training guide | daily routines



«All animals are equal, but some animals are more equal than others.»

George Orwell



Pet Care

Preferences for

Engagement

Treats

Toys

Hideout | Sleeping place

Phobias | Quirks

Who should take care of your pet

Name

Does this person know about your wish Yes No

What agreements have you made to pay any costs involved

PET

Name Birthdate

Nickname(s)

Type Gender male female

Race Color

Chip | Tattoo No.

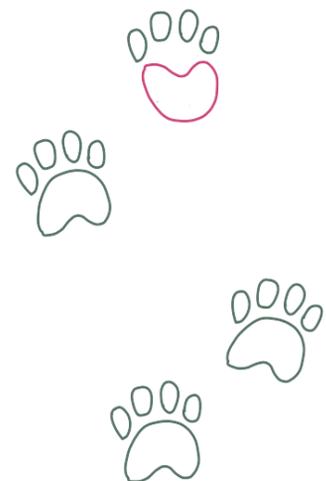
Veterinary

Health Insurance | Policy No.

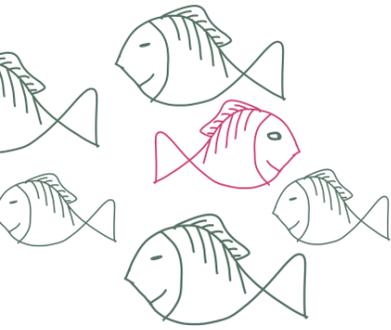
Liability Insurance | Policy No.

«I believe that also dogs go to heaven and that every creature has an immortal soul.»

Martin Luther



Pet Care



Allergies

Medication | Supplements and dosage

Feed brand

Feeding instructions

Training guide | daily routines

Preferences for

Engagement

Treats

Toys

Hideout | Sleeping place

Phobias | Quirks

Who should take care of this pet

Name

Does this person know about your wish Yes No

What agreements have you made to pay any costs involved

Pet Care

If there are no close family or friends who can take care of your pet(s), what arrangement would you like instead

Is there anything you have learned from or through a pet

Would you want your pet(s) to be buried in your grave, if they survive you

Yes No

What else feels important to me

«Animals live for the day, for the hour, even for the moment.»

Robert Falcon Scott



My Life in a digital World

In the course of your life, you leave behind a lot of digital footprints. Decide for yourself what to do with them after your death and make it easier for your relatives to take care of your digital legacy. Passing on your access data and passwords is essential for the continuity and responsible management of your digital estate.

How should the individual accounts be handled?

Depending on the provider, the way in which your digital property should be managed may vary. Archive and store or delete and remove. Or transfer them to family members, friends or business partners. Specify for each digital account how it should be managed. Even if your wishes may conflict with some companies' terms and conditions, it is still valuable for your loved ones to know what your wishes are.

If any of your digital assets are of monetary value, you can instruct them to be managed in a certain way. For example, should revenue-generating assets be transferred to people who will continue to manage the accounts? Should loyalty points be redeemed? What should happen to your online shops? If assets continue to generate revenue, it's worth thinking about where that money goes and who can access it after you're gone.

We spend more and more of our lives online. That's why it's so important to manage your digital heritage well alongside your physical one.

I have contracted an online service to transfer access to my digital assets to trusted sources in the event of my death

Yes No

If Yes, please enter information about this provider here

I use a password manager Yes No

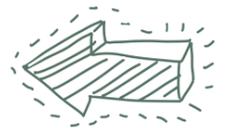
Website

Username | Email

Password

My Master Password is

I have created a separate document with all passwords, it is stored here



Digital Legacy

05



Social Media

Unfortunately, there is no one-size-fits-all solution for social media. Each platform has its own rules for deleting, disabling, downloading and remembering data and accounts, or even legally challenging data retention by a provider. Often, family members must provide proof that they are an immediate family member and the user is deceased. Accounts that are not automatically deactivated after an inactive period are open to hacking and contacts may continue to receive notifications from that account. Receiving messages from or about a deceased person can be stressful for friends and family.

It is recommended to check with your provider about the respective options and settings, although even this may be challenging as information can be hidden from sight and difficult to access, sometimes deliberately. Also, there are very personal subscriptions and memberships, such as dating sites or support groups, that you may want to keep private forever, even beyond your death. In this case, make sure that someone you trust knows about these accounts and cancels them after your death, deleting your data and any emails and newsletters you may still receive.



Once Facebook is made aware - by anyone or anything - that a person has passed away, the account is set in the state of 'Memorial'. From this moment on, it is no longer possible to log in with the login data and remove content from the account.

FACEBOOK

Username | Email

Password

I have entered this person as an estate contact in my Facebook settings

Name

an invitation to the farewell can be posted on my profile

please delete my Facebook account after my death*

delete account only ____ months after my death

delete all my previous posts

my Facebook profile shall remain as a memorial page 'in memory of'

I leave it up to my relatives to decide what to do with my account

I have deleted my Facebook account



Your legacy contact can, among other things, change your profile picture, write a fixed post in your chronicle, delete memorial posts, remove tags and reply to new friend requests.

* You can save this setting right now while you are still alive. Your account will then be automatically deleted as soon as Facebook is aware of your death.



Social Media

I also manage these accounts via my Facebook account

@ delete

alone together with

If you don't want to delete them, what should be done with these pages after your death instead

INSTAGRAM

Username | Email

Password

an invitation to the farewell can be posted on my profile

please delete my Instagram account after my death

delete account only ____ months after my death

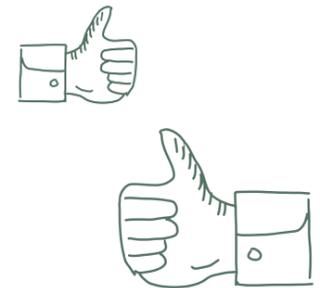
delete all my previous posts

my Instagram profile shall remain as a memorial page 'in memory of'

I leave it up to my relatives to decide what to do with my account

I have deleted my Instagram account

A Tinder account created with Facebook can also be deleted with the access data.



«You're born an original. Don't die a copy.»

John Mason



Social Media

I also manage these pages via my Instagram account

@ delete

alone together with

If you do not want to delete them, what should be done with these pages after your death instead

Accounts that are inactive for too long will be automatically deleted by Twitter.

TWITTER

Subscription Yes No

Username | Email

Password

- my death shall be announced in a final tweet
- an invitation to the farewell can be tweeted on my profile
- please delete my Twitter account after my death
- delete account only ___ months after my death
- delete all my previous tweets
- I leave it up to my relatives to decide what to do with my account

Social Media

GETTR Please delete account after my death Yes No

Username | Email

Password

GOOGLE delete Yes No

Username | Email

Password

Account inactivity manager at Google is configured and registered as contact is|are

Name

Name

Name

YOUTUBE delete Yes No

Subscription Premium Nein

Username | Email

Password

Account inactivity manager is configured and registered as contact is|are

Name

Name

RUMBLE delete Yes No

Username | Email

Password



With the Inactivity manager you can name up to ten people who will be notified when you have not accessed your account within a period of time that you specify. The designated persons then have three months to download relevant content.



Social Media

SKYPE delete Yes No

Username | Email

Password

ZOOM delete Yes No

Username | Email

Password

LINKEDIN delete Yes No

Subscription Basic Premium

Username | Email

Password

the invitation to the farewell can be shared on LinkedIn

XING delete Yes No

Subscription Basic Premium

Username | Email

Password

post farewell invitation

TELEGRAM delete Yes No

@ Password



«The rights of every man are diminished when the rights of one man are threatened.»

John F. Kennedy

Social Media

DATING PORTALS (Parship, Lovescout24, Tinder, ...)

Name delete Yes No

Username | Email

Password

Name delete Yes No

Username | Email

Password

Name delete Yes No

Username | Email

Password

OTHER SOCIAL MEDIA (Gab, Minds, ...)

Name delete Yes No

Username | Email

Password

Name delete Yes No

Username | Email

Password

«Talking about sex won't make you pregnant, and talking about funerals won't make you dead.»

Gail Rubin



Social Media

Name delete Yes No

Username | Email

Password



Online Accounts and Profiles

EMAILS (Yahoo, Gmail, ...)

Website

In the provider settings, I have set the account to be automatically deleted after a certain period of inactivity

Yes No

Username | Email

Password

Website

Inactivity option Yes No

Username | Email

Password

Website

Inactivity option Yes No

Username | Email

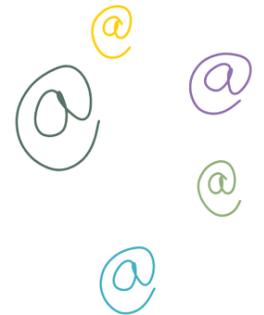
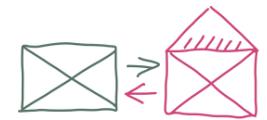
Password

Website

Inactivity option Yes No

Username | Email

Password



Online Accounts and Profiles

PAYMENT SERVICES | CRYPTO CURRENCY (PayPal, Bitcoin, ...)

Provider delete Yes No

Username | Email

Password



Online Accounts and Profiles

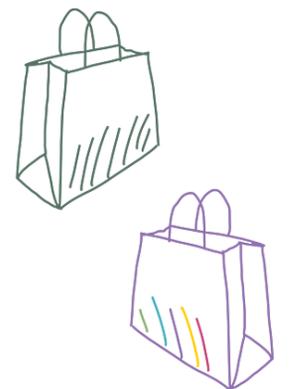
ONLINE SHOPS (Puzzlestück.eu, World Council For Health Webshop, ...)

Provider delete Yes No

Username | Email

Password

«The price of anything is the amount of life you exchange for it.»
Henry David Thoreau



Online Accounts and Profiles

You are the product.

LOYALTY PROGRAMS

Name delete Yes No

Card No.

Username | Email

Password

Name delete Yes No

Card No.

Username | Email

Password



FREQUENT FLYER PROGRAMS (One World, Miles & More, ...)

Airline Card No.

Username | Email

Password

Airline Card No.

Username | Email

Password

«Time flies but you are the pilot.»

Michael Altshuler

Online Accounts and Profiles

TRAVEL PORTALS | TRANSPORT | LOGISTICS (Airbnb, Uber, Carsharing, ...)

Provider delete Yes No

Username | Email

Password

«One day you will wake up and there won't be any more time to do the things you've always wanted. Do it now.»

Paulo Coelho



Online Accounts and Profiles

WEBSITE HOSTING | BLOG PORTALS (Substack, Shopify, Wordpress, ...)

Provider delete Yes No

Username | Email

Password

Provider delete Yes No

Username | Email

Password

Provider delete Yes No

Username | Email

Password

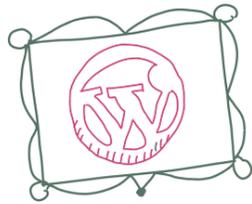
I am owner | operator of these domains

Domain | Host

Domain | Host

Domain | Host

Domain | Host



You can record the costs of all services which you do not use for free in the chapter 'Regular Costs and Expenses'.



Online Accounts and Profiles

CLOUD SERVICES (Dropbox, Strato, OneDrive, ...)

Provider delete Yes No

Username | Email

Password

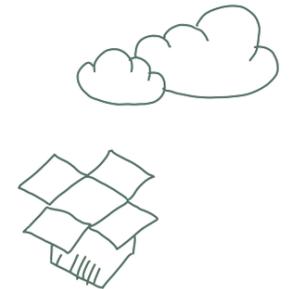
STREAMING (Odysee, Netflix, Eurosport Player, ...)

Provider delete Yes No

Username | Email

Password

The Cloud is someone else's computer.



«Give them bread and circuses and they will never revolt.»

Juvenal



Online Accounts and Profiles

Provider delete Yes No

Username | Email

Password

Provider delete Yes No

Username | Email

Password

Provider delete Yes No

Username | Email

Password

TICKETING (Eventim, Ticketmaster, Theater, Opera, Cinema, ...)

Provider delete Yes No

Username | Email

Password

Provider delete Yes No

Username | Email

Password



«If you think adventure is dangerous, try routine; it's lethal.»

Paulo Coelho

Online Accounts and Profiles

MUSIC | PODCASTS (Spotify, Soundcloud, ...)

Provider delete Yes No

Username | Email

Password

Provider delete Yes No

Username | Email

Password

Provider delete Yes No

Username | Email

Password

E-LIBRARIES (Audible, Bookbeat, ...)

Provider delete Yes No

Username | Email

Password

Provider delete Yes No

Username | Email

Password

«Music was my first love, and it will be my last.»

John Miles



E-books often cannot be passed on. With the download of an e-book, you usually only receive a simple right of use, which cannot be transferred.



Online Accounts and Profiles

ONLINE GAMES (League of Legends, Minecraft, Call of Duty, ...)

Provider delete Yes No

Username | Email

Password

Provider delete Yes No

Username | Email

Password

Provider delete Yes No

Username | Email

Password

CROWDFUNDING (Startnext, Seedmatch, Vision Bakery, Kickstarter, ...)

Provider delete Yes No

Username | Email

Password

Provider delete Yes No

Username | Email

Password



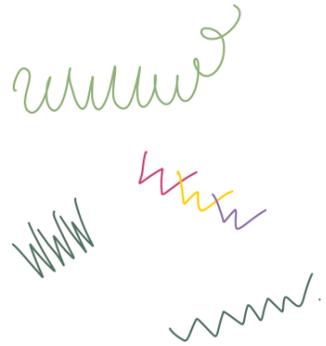
Online Accounts and Profiles

OTHER DIGITAL SERVICES

Provider delete Yes No

Username | Email

Password



Software

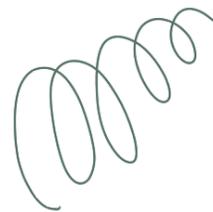


Name

License key

Username | Email

Password



Hardware

TABLET

Model

Provider

Unlock Code

SIM Card Code -optional-

Username | ID

Password

Please delete these applications

- Text messages
- Notes
- Apps
- Contacts
- Photos
- Videos
- Trash
- Documents
- Browser history and cookies
- Reset to factory settings

LAPTOP

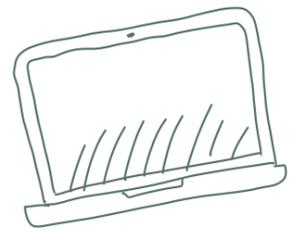
Model

Unlock Code

Please delete

- Documents
- Notes
- Apps
- Contacts
- Photos
- Videos
- Trash
- Browser history and cookies
- Format hard drive

What to do with your old unused laptops



EXTERNAL HARD DRIVE

Model

Unlock Code

Storage location

Please delete

- Documents
- Videos
- Photos
- Format hard drive



Hardware



PERSONAL COMPUTER

Model

Unlock Code

Please delete

- Documents
- Notes
- Apps
- Contacts
- Photos
- Videos
- Trash
- Browser history and cookies
- Format hard drive
-

WLAN ROUTER

The device is bought rented

WLAN name and key

1. TELEPHONE

Model

Phone number

Unlock Code

SIM Card Code

Username | ID

Password

Please delete these applications

- Text messages
- Notes
- Apps
- Contacts
- Photos
- Videos
- Trash
- Documents
- Reset to factory settings
-

Hardware

2. TELEPHONE

Model

Phone number

Unlock Code

SIM Card Code

Username | ID

Password

Please delete

- Text messages
- Notes
- Apps
- Contacts
- Photos
- Videos
- Trash
- Documents
- Reset to factory settings
-

E-READER

Model

Unlock Code

WEARABLE (Fitbit, Garmin, ...)

Model

Unlock Code

Username | Email

Password

CRYPTO WALLET

Model

Unlock Code

Place of storage

Keys



Hardware



SMART HOME (Amazon Echo, Google Home, Magenta Smart Home, ...)

Provider

Username | Email

Password

Provider

Username | Email

Password

Provider

Username | Email

Password



«It is not that we have a short time to live, but that we waste a lot of it.»
Lucius Annaeus Seneca

VIDEO GAME (Xbox, Playstation, ...)

Model

Unlock Code

Username | Email

Password



Model

Unlock Code

Username | Email

Password

Hardware

OTHER HARDWARE



Personal Possessions

Often it's the little things that mean a lot to us. Beloved items that have little financial value and would not be mentioned in a will, but with which you and a certain loved ones share memories that are priceless.

Knowing why a certain item means a lot to you can be a crucial impulse for someone to gladly take it and thus keep your story alive.

You can also avoid conflicts if you clearly assign your belongings and provide reasons for your wish as to whom should receive what and why.

Thinking about what each item means to you and letting go of what you no longer need can be very liberating. Perhaps your favourite item will inspire someone if you gift it or they will find the treasure in a charity shop with your same enthusiasm. You may even want to pass it on and give it away while you are still alive.

Creating order with confidence is a beneficial strategy that enables you to train yourself to let go, to experience the joy of giving and to eliminate piled-up ballast.

You can also integrate occasional decluttering into your life as a regular ritual. Decluttering, sorting out and tidying up is one of the most meaningful gifts you can give your loved ones. It saves them time, money and grief.

«The art of a fulfilled life is the art of letting: letting in, letting out, letting go.»

Ernst Ferstl

Do you keep diaries or old calendars Yes No

If Yes, what should happen with them

shred them without anyone reading them first everyone is allowed to read them

only _____ may read it and read aloud from it

decide for yourself whether you want to read and keep them

preserve them for future generations

Do you have a personal treasure box where you keep memories, curiosities, old entry tickets, love letters, etc.

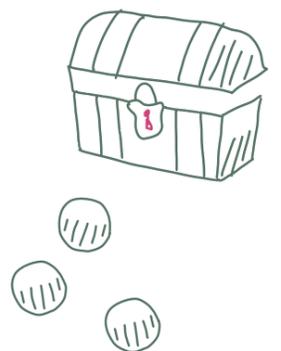
Yes No

If so, what should happen with them

dispose of the treasure box without anyone looking in it first

I don't care who looks in it and what happens to it

only _____ may open and look in my treasure box



Personal Possessions



Personal Possessions

- preserve it for future generations
- unpack it together on the first anniversary of my death and travel with me into our memorable past

What should happen to your photos - digital as well as printed images

- share pictures with interested friends and family, please dispose of the rest
- only _____ may look at them and make reprints for others
- keep them and use them for creative projects



I own a photo and/or video camera Yes No

If Yes, what should be done with it



Are there sound recordings and/or films of you Yes No

If Yes, what should be done with them

- share with interested friends and family, please dispose of the rest
- only _____ may look at or listen to them
- keep them and use them for creative projects I don't care what happens to them

What else is important to me regarding my treasures

Art, Jewellery and Instruments

Will you leave personal notes, letters, lessons for special moments in the future or birthday cards for the years to come

- Yes No

If Yes, where do you store them and who should take care of the delivery

It is something very special to leave a personal message that comes from your heart.

Each person close to you would appreciate a personal message to comfort their grief after you are gone.

Do you have jewellery or watches of your own that you would like to leave to someone

- Yes No

It doesn't have to be a novel, but it would be something the recipient would treasure for the rest of their lives.

JEWELLERY

This piece of jewellery is valued and/or insured* Yes No

If Yes, insurance documents and/or details of the estimated value are located here

What is the history of this piece of jewellery, when and where did you buy or receive it as a gift and what emotional value do you connect with it

- I would like to leave this piece of jewellery to this person | institution

Name

* For valuable jewellery, art or instruments, a handwritten will is recommended.



Art, Jewellery and Instruments

«I stop living but I lived.»

Johann Wolfgang von Goethe

What would you like to say to the person or institution about this piece of jewellery

Handwritten response area with horizontal lines.

please sell the jewellery and let the earnings go to this person | institution | organisation

Name World Council For Health

JEWELLERY

This piece of jewellery is valued and/or insured Yes No

If Yes, insurance documents and/or details of the estimated value are located here

The story behind

Handwritten response area with horizontal lines.

I would like to leave this piece of jewellery to this person | institution

Name



Art, Jewellery and Instruments

What would you like to say to the person or institution about this piece of jewellery

Handwritten response area with horizontal lines.

please sell the jewellery and let the earnings go to this person | institution | organisation

Name

Do you own art that you would like to leave to someone (paintings, sculptures, sketches, ...)

Yes No

ART

This piece of art is valued and/or insured Yes No

If Yes, insurance documents and/or details of the estimated value are located here

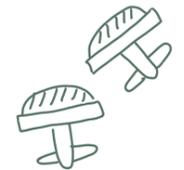
What is the history of this piece of art, when and where did you buy or receive it as a gift and what emotional value do you connect with it

Handwritten response area with horizontal lines.

I would like to leave this piece of art to this person | institution

Name

Time is an Illusion.



Art, Jewellery and Instruments

What would you like to say to the person or institution about this piece of art

Handwriting lines for notes.



please sell the art and let the earnings go to this person | institution | organisation

Name

Handwriting lines for name.

ART

This piece of art is valued and/or insured Yes No

If Yes, insurance documents and/or details of the estimated value are located here

Handwriting lines for insurance details.

The story behind

Handwriting lines for story.

«All that we see or seem is but a dream within a dream.»

Edgar Allan Poe

Handwriting lines for story.

I would like to leave this piece of art to this person | institution

Name

Handwriting lines for name.



Art, Jewellery and Instruments

What would you like to say to the person or institution about this piece of art

Handwriting lines for notes.

please sell the art and let the earnings go to this person | institution | organisation

Name

World Council For Health

Handwriting lines for name.

Do you own an instrument you would like to leave to someone Yes No

INSTRUMENT

This instrument is valued and/or insured Yes No

If Yes, insurance documents and/or details of the estimated value are located here

Handwriting lines for insurance details.

What is the history of this instrument, when and where did you buy or receive it as a gift and what emotional value do you connect with it

Handwriting lines for history.

Handwriting lines for history.

Handwriting lines for history.

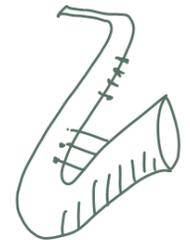
Handwriting lines for history.

I would like to leave this instrument to this person | institution

Name

Handwriting lines for name.

For more beloved pieces, there is space to list them starting on page 118.



Art, Jewellery and Instruments

What would you like to say to the person or institution about this instrument

please sell it and let the earnings go to this person | institution | organisation

Name World Council For Health

What should happen to your wedding dress | outfit, if you (still) have it

I would like to wear this outfit in the coffin

Are you in possession of urn ashes, e.g. from a deceased pet Yes No

If so, where do you keep it and what do you want done with it

if permitted, I would like to include these ashes with my own

The inclusion of this may be prohibited in your local council. Increasingly there are cemeteries where humans and animals may be buried.



Car, Bicycle & Co.

I own a car Yes No

Owner Leased On credit

Brand Model Construction year

Number plate Colour

Identification No.

Garage

The car papers are stored here

for information about key sets see key list in the appendix

Is there a garage for it Yes No

If Yes, please provide details of the location here

What to do with the vehicle

I also own these vehicles (car, scooter, motorbike, camper, boat, jet ski, plane, balloon, ...)

Owner Leased On credit

Type Brand

Identification No.

Model Construction year

Number plate Colour



All insurance details can be documented from page 136 onwards.



Car, Bicycle & Co.

Garage

The papers are stored here

for information about key sets see key list in the appendix

Is there a garage or parking | docking location for it Yes No

If Yes, please provide details of location and access here

What to do with the vehicle

Owner Leased On credit

Type

Brand

Identification No.

Model

Construction year

Number plate

Colour

Garage

The papers are stored here

see key list in the appendix

Is there a garage or parking | docking location for it Yes No

If Yes, please provide details of location and access here



Car, Bicycle & Co.

What to do with this vehicle

I own one or more bicycles

Type

Brand

Frame No.

for information about keys see key list in the appendix

Where is the bicycle stored

What do you want to do with the bicycle

2. Bicycle

Type

Brand

Frame No.

see key list in the appendix

Location of this bicycle

What to do with this bicycle

«Detours boost local knowledge.»
Folk Wisdom



Patents, Copyrights and Trademarks

Are you owner of Patents, Copyrights or Trademarks

Yes No

If Yes, please note here the name, file number and what to do with these rights

Lined writing area for providing details about patents, copyrights, or trademarks.



Borrowed and lent

I have lent these objects

Object

lent to

These items I have borrowed and must be returned

Object

borrowed from

«Some refuse the loan of life to avoid the debt of death.»
Otto Rank



Treasures from the Heart



My golden treasures and their recipients

Darling

Recipient

Reason

Treasures from the Heart



My golden treasures and their recipients

Darling

Recipient

Reason



*«If you remember me,
then I don't care if
everyone else forgets.»*

Haruki Murakami



Treasures from the Heart

Here is space for other personal items that someone would be very happy to receive and that you want to know is in good hands (sports equipment, collections, model trains, weapons, puzzles, books, plants, records, fishing equipment, telescopes, wines and spirits, antiques, ...). Be it as a donation to a charitable institution or passing it on to friends, neighbours, colleagues or family. Please note your wishes, who and why this person or institution should receive the item and what it means to you.



Your legacy can
do good
feels good

Lined writing area for notes on page 120.

Treasures from the Heart

Lined writing area for notes on page 121.

*«Remember that when you leave this earth you can take nothing you have received, only what you have been given: a full heart, enriched by honest service, love, sacrifice and courage.»
Saint Francis of Assisi*



Information about your costs and expenses

After your death, your family has to deal with many financial and administrative tasks. They will spend months digging through your records and waiting for new bank statements and bills to find out what the status is. And even then they may not discover everything. With a little planning and organisation you are helping your loved ones to settle your estate easily, pay necessary taxes and quickly receive the benefits they are entitled to.

With your preparation, you ensure that services can still be used after your death, unnecessary fees for current subscriptions and memberships are avoided and your family can continue their lives as usual as possible. For those who live alone, this information is even more important because you are the only person with all this knowledge.

For emergencies, I have saved an amount that covers current expenses for

_____ months _____ weeks _____ days

RENT | HOUSING

Rent Ownership

Landlord | Property management

Phone

Email

Due date monthly quarterly semi-annually annual

Payment type direct debit regular order bank transfer cash

Deposit

Concierge

Name

Phone

Gardener

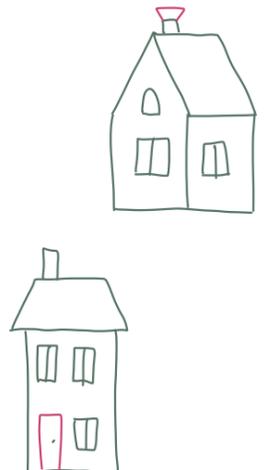
Name

Phone

House help

Name

Phone



Numbers 

07



Regular Costs and Expenses



Carer

Name Phone

Chimney sweep

Name Phone

Electrician

Name Phone

Service

Name Phone

Service

Name Phone

Service

Name Phone

Service

Name Phone

ALARM SYSTEM

Provider Access code

Customer No. Phone Password

Master Password

Information for access

Regular Costs and Expenses

GAS

Provider Customer No.

Due date monthly quarterly semi-annually annual

Payment type direct debit bank transfer cash

Phone

Email

Website Online Account Yes No

Username | Email

Password

ELECTRICITY

Provider Customer No.

Due date monthly quarterly semi-annually annual

Payment type direct debit bank transfer regular order

Phone

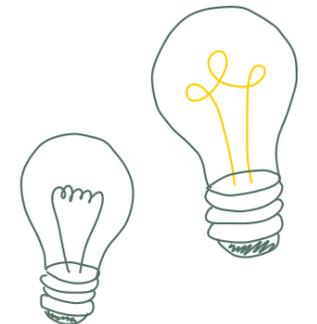
Email

Website Online Account Yes No

Username | Email

Password

Good to know



«When you are dead, it is hard to find the light switch.»

Woody Allen



Regular Costs and Expenses



GARBAGE COLLECTION

Provider _____ Customer No. _____

Due date monthly annual

Payment type direct debit bank transfer regular order

Phone _____

Email _____

Website _____ Online Account Yes No

Username | Email _____

Password _____

HEATING OIL

Provider _____ Customer No. _____

Due date upon delivery

Payment type direct debit bank transfer cash

Phone _____

Email _____

Website _____ Online Account Yes No

Username | Email _____

Password _____

Regular Costs and Expenses

WATER

Provider _____ Customer No. _____

Due date monthly annual

Payment type direct debit bank transfer regular order

Phone _____

Email _____

Website _____ Online Account Yes No

Username | Email _____

Password _____

INTERNET

Provider _____ Customer No. _____

Due date monthly

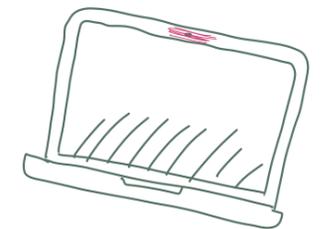
Payment type direct debit bank transfer regular order

Email _____

Website _____ Online Account Yes No

Username | Email _____

Password _____



Feel free to write here



Regular Costs and Expenses

LANDLINE

Provider see details INTERNET

Phone number

Customer No.

Due date monthly

Payment type direct debit bank transfer regular order

Phone

Email

Website Online Account Yes No

Username | Email

Password

1. MOBILE

Provider

Phone number

Customer No.

Due date monthly

Payment type direct debit bank transfer cash

Phone

Email

Website Online Account Yes No

Username | Email

Password



Use chapter 'Digital Legacy' for your login data.

Regular Costs and Expenses

2. MOBILE

Provider

Phone number

Customer No.

Due date monthly

Payment type direct debit bank transfer cash

Phone

Email

Website Online Account Yes No

Username | Email

Password

CABLE TV PROVIDER

Provider

Customer No.

Due date monthly

Payment type direct debit bank transfer regular order

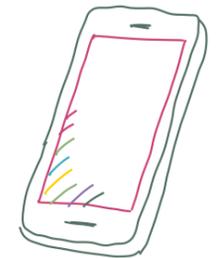
Phone

Email

Website Online Account Yes No

Username | Email

Password

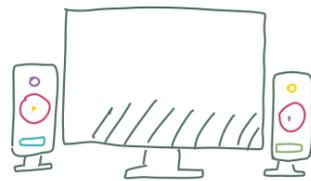


Reality is in your mind.



Regular Costs and Expenses

You can record your login data in the chapter 'Digital Legacy'.



PAY TV

Provider | Customer No.

Due date monthly

Payment type direct debit bank transfer regular order

Provider | Customer No.

Due date monthly

Payment type direct debit bank transfer regular order

Provider | Customer No.

Due date monthly

Payment type direct debit bank transfer regular order

Provider | Customer No.

Due date monthly

Payment type direct debit bank transfer regular order

TV LICENSE FEE

Customer No.

Due date monthly quarterly unregelmäßig

Payment type regular order direct debit bank transfer

Regular Costs and Expenses

OTHERS

Type | Provider

Customer No.

Due date monthly quarterly annual

Payment type direct debit bank transfer regular order

Phone

Email

Website Online Account Yes No

Username | Email

Password

Type | Provider

Customer No.

Due date monthly quarterly annual

Payment type direct debit bank transfer regular order

Phone

Email

Website Online Account Yes No

Username | Email

Password

Otherwise important

«When the time comes to die, make sure that all you must do is die.»

Jim Elliot



Subscriptions and Memberships

NEWSPAPERS | MAGAZINES

Publisher

Customer No.

Due date monthly quarterly semi-annually annual

Payment type direct debit bank transfer regular order credit card

Phone

Email

Website Online Account Yes No

Username | Email

Password

Publisher

Customer No.

Due date monthly quarterly semi-annually annual

Payment type direct debit bank transfer regular order credit card

Phone

Email

Website Online Account Yes No

Username | Email

Password



If our whole world turns upside down why not turn our whole world upside down.

Subscriptions and Memberships

OTHER SUBSCRIPTIONS AND MEMBERSHIPS

(sports club, gym, library, soccer club, lottery, trade unions, collectors clubs, WCH, ...)

Type | Provider

Customer No.

Due date monthly quarterly annual

Payment type direct debit bank transfer regular order

Phone

Email

Website Online Account Yes No

Username | Email

Password

Type | Provider

Customer No.

Due date monthly quarterly annual

Payment type direct debit bank transfer regular order

Phone

Email

Website Online Account Yes No

Username | Email

Password

«If you take care of the minutes, the years will take care of themselves.»

Tibetan Wisdom



Subscriptions and Memberships



Type | Provider

Customer No.

Due date monthly quarterly annual

Payment type direct debit bank transfer regular order

Phone

Email

Website

Online Account Yes No

Username | Email

Password

Type | Provider

Customer No.

Due date monthly quarterly annual

Payment type direct debit bank transfer regular order

Phone

Email

Website

Online Account Yes No

Username | Email

Password

Alimony



Recipient

Entitlement

Due date monthly quarterly semi-annually annual

Payment type bank transfer regular order cash

Recipient

Entitlement

Due date monthly quarterly semi-annually annual

Payment type bank transfer regular order cash

Recipient

Entitlement

Due date monthly quarterly semi-annually annual

Payment type bank transfer regular order cash

Recipient

Entitlement

Due date monthly quarterly semi-annually annual

Payment type bank transfer regular order cash

Recipient

Entitlement

Due date monthly quarterly semi-annually annual

Payment type bank transfer regular order cash

«When people say:
'She's got everything'
I've got one answer:
I haven't had tomorrow.»

Elizabeth Taylor



Insurances

Insurances are like friendships: it is only in the event of damage that you know if they are actually any good.



CAR

Insurance _____ License plate _____

Policy No. _____

Contact _____ Phone _____

Email _____

Due date monthly quarterly semi-annually annual

Payment type direct debit bank transfer cash

Website _____ Online Account Yes No

Username | Email _____

Password _____

MOTORING CLUB

Club _____ No. _____

Contact _____ Phone _____

Email _____

Due date monthly quarterly semi-annually annual

Payment type direct debit bank transfer regular order

Website _____ Online Account Yes No

Username | Email _____

Password _____

Insurances



«Nobody has the right to obey.»

Hannah Arendt

CIVIL LIABILITY

Insurance _____

Policy No. _____

Contact _____ Phone _____

Email _____

Due date monthly quarterly semi-annually annual

Payment type direct debit bank transfer regular order

Website _____ Online Account Yes No

Username | Email _____

Password _____

HOUSEHOLD

Insurance _____

Policy No. _____

Contact _____ Phone _____

Email _____

Due date monthly quarterly semi-annually annual

Payment type direct debit bank transfer regular order

Website _____ Online Account Yes No

Username | Email _____

Password _____



Insurances



ACCIDENT AND INJURY

Insurance

Policy No.

Contact

Phone

Email

Due date monthly quarterly semi-annually annualPayment type direct debit bank transfer regular order

Website

Online Account Yes No

Username | Email

Password

PRIVATE HEALTH INSURANCE

Insurance

Policy No.

Contact

Phone

Email

Due date monthly quarterly semi-annually annualPayment type direct debit bank transfer regular order

Website

Online Account Yes No

Username | Email

Password

Insurances

LIFE INSURANCE

Insurance

Policy No.

Contact

Phone

Email

Due date monthly quarterly semi-annually annualPayment type direct debit bank transfer regular order

Website

Online Account Yes No

Username | Email

Password

How many hours after death do you need to notify the company about death

OTHER INSURANCE

Type

Insurance

Policy No.

Contact

Phone

Email

Due date monthly quarterly semi-annually annualPayment type direct debit bank transfer regular order

Website

Online Account Yes No

Username | Email

Password

«Life is dangerous,
even extremely
deadly.»

Folk Wisdom



Insurances

Type

Insurance

Policy No.

Contact Phone

Email

Due date monthly quarterly semi-annually annual

Payment type direct debit bank transfer regular order

Website Online Account Yes No

Username | Email

Password

Type

Insurance

Policy No.

Contact Phone

Email

Due date monthly quarterly semi-annually annual

Payment type direct debit bank transfer regular order

Website Online Account Yes No

Username | Email

Password



Taxes

Type

Tax No.

Due date monthly quarterly semi-annually annual

Payment type direct debit bank transfer

Type

Tax No.

Due date monthly quarterly semi-annually annual

Payment type direct debit bank transfer

Type

Tax No.

Due date monthly quarterly semi-annually annual

Payment type direct debit bank transfer



«I believe there is something out there watching us. Unfortunately, it is the government.»

Woody Allen

Others

Here is space for more important information about real estate, holiday homes, houseboats, gardens, offices, shop spaces, plots, timeshare flats, garages, ...



Multiple horizontal wavy lines for writing.

Banking and Deposits

As soon as a bank receives notice of the death of its customer, it is obliged to notify the tax office within one month regarding the assets, safe deposit boxes and contracts kept with it and to administer the account as an estate account.

Permanent orders and direct debits issued during your lifetime will continue to be executed until revoked. Current payments such as rent, insurance premiums and the like will therefore continue to be paid. If two people each have sole power of disposal, the second person continues to have full access.

If there is no mandate, only legitimate beneficiaries can dispose of the account upon presentation of a certificate of inheritance. If there are several heirs, the account can only be disposed of jointly. An exception are the funeral costs. They can be paid from the account of the deceased if the corresponding bills are submitted to the bank and there is sufficient money in the account.

It is not advisable to leave login data and passwords concerning your finances. It is best to leave a mandate with your bank while you are still alive. For the granting of a bank authorisation, financial institutions generally use their own forms, which usually have to be signed in the presence of the authoriser and the authorised person.

BANK

Contact

Type IBAN

Phone

Email

This is a

Joint account with

Account with power of attorney in the name of

Account for which a mandate has been given to

no mandate

Cash is King



Banking and Deposits

«Knowledge makes a man unfit to be a slave.»

Frederick Douglass

#knol

BANK

Contact

Type IBAN

Phone

Email

Joint account with

Account with power of attorney in the name of

Account for which a mandate has been given to no mandate

BANK

Contact

Type IBAN

Phone

Email

Joint account with

Account with power of attorney in the name of

Account for which a mandate has been given to no mandate

Banking and Deposits

BANK

Contact

Type IBAN

Phone

Email

Joint account with

Account with power of attorney in the name of

Account for which a mandate has been given to no mandate

I have a saving account in favour of third parties | with a retention note to the amount of No

€

IBAN

Contact

Phone

Email

Beneficiary

Location savings book -optional-

If you keep cash, gold, crypto wallets and other treasures and want them to be found, here would be a place for a hint as to where to find them



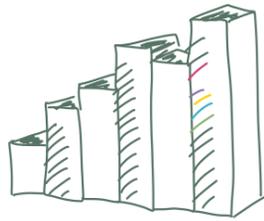
«Unlike in life, in death all are equal.»

Lao Tse



Banking and Deposits

I also have these savings contracts, investments, shareholdings, securities, funds, construction savings, precious metals, foreign currencies, ...



«The true wealth of a nation lies not in its gold or silver but in its learning, wisdom and in the uprightness of its sons.»
Khalil Gibran

Handwriting practice lines consisting of multiple horizontal wavy lines for tracing and writing.

Locker and Safe

Access to a safe deposit box requires a mandate to access the contents of the safe without a certificate of inheritance.

A will placed in a safe deposit box can create a problem for potential beneficiaries, as they may not be able to present their claim before it is opened.



SAFE

Place _____ Number _____
Location of the key _____
Code _____
Authorized person _____ no mandate

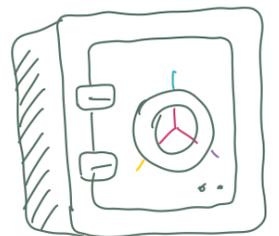
SAFE

Place _____ Number _____
Location of the key _____
Code _____
Authorized person _____ no mandate

SAFE

Place _____ Number _____
Location of the key _____
Code _____
Authorized person _____ no mandate

«He who has a why to live, can bear almost any how.»
Friedrich Nietzsche



Loans and Leases

«Too many people spend money they haven't earned, to buy things they don't want, to impress people they don't like.»

Will Rogers

Creditor

Type of loan

IBAN

Purpose

Contact

Phone

Email

Balance

Date

Is there a balance protection insurance for this loan Yes No

This is a joined account; other loanee(s) is/are No

Name

Name

DEBTS WITH PRIVATE INDIVIDUALS

Creditor

Phone

Email

Type of loan

Interest rate

Purpose

Duration

Balance

Date

Is there a balance protection insurance for this loan Yes No

Creditor

Phone

Email

Loans and Leases

Type of loan

Interest rate

Purpose

Duration

Balance

Date

Is there a balance protection insurance for this loan Yes No

Creditor

Phone

Email

Type of loan

Interest rate

Purpose

Duration

Balance

Date

Balance protection insurance Yes No

OBLIGATIONS FROM GUARANTEES

Creditor

Guarantor

Purpose

Duration

Amount

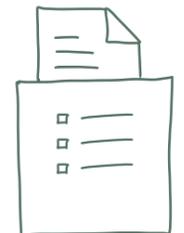
Creditor

Guarantor

Purpose

Duration

Amount



Loans and Leases

OUTSTANDING LOANS TO THIRD PARTIES

Debtor

Phone

Email

Type of loan

Interest rate

Purpose

Duration

Balance

Date

Debtor

Phone

Email

Type of loan

Interest rate

Purpose

Duration

Balance

Date

Debtor

Phone

Email

Type of loan

Interest rate

Purpose

Duration

Balance

Date



Credit Cards

Credit card

Type

Issuer

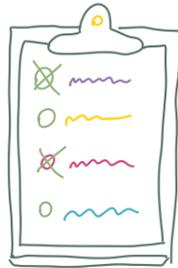
Number

Login data

Do you have a special place where you usually put your debit and/or credit cards



Checklist of important documents



- Puzzlestück The Caring Way* Power of attorney Postal order
- Advance care directive Child care order Care directive
- Health care proxy Long-term care directive Organ donor card
- Emergency ID card Medical confidentiality release order Birth certificate
- Pension documents (state, private, company, salary slips, military service)
- Funeral home contract Testament | Contract of inheritance
- Marriage certificate | Family register Registered partnership certificate
- Divorce certificate with notation of legal effect Property register | Rental contract
- Service | Military ID card Bank records Bank mandates
- Social security card Vaccination card Vaccination card child(ren)
- EU pet passport Key list Obituary | Eulogy Body donation documents
- Left behind letters | texts Ash scattering permit
- Notification and Invitation List

INSURANCES

- Life Pension Health Liability Accident Household Car
- Legal Property Pet Disability Mortality

Documents can be found here

Signature

I have filled in the *Puzzlestück* in a caring way, with my full mental faculties and of my own free will. I understand that this is not a legally binding document, but I ask my family and loved ones to do everything possible to fulfil my wishes. However, if some wishes are not feasible, that is fine with me.

I thank the special people in my life whom I can trust with this information.

May your journey on this earth be filled with inspirations, experiences, purpose and love.

Full name

Time

Place

Date

Last Update

Signature

A witness can confirm that you made your wishes and choices in the *Puzzlestück* with a clear mind and of your own free will

Full name witness

Place

Date

Signature witness

«The meaning of life is that it stops.»

Franz Kafka



The Magic Puzzle of your Life

Our life is a magical puzzle made up of many small pieces. Without one of them, something would be missing and we would not be complete. It is all these special, beautiful but also difficult and essential pieces of the puzzle that make us who we are and shapes our lives into what they are. Yet every life puzzle is unique and every person puzzles their very own way. We all experience an abundance of beautiful and not so beautiful moments in the course of our lives and each person defines happiness and fulfilment differently. There is only one thing in which we are all equal. We all will die.

Every person has a story worth telling.

Your own personal life puzzle; your thoughts and memories, your beliefs and values and your hopes for the future give those who stay behind - and future generations - a valuable perspective from which they can learn and through which they will experience who you are. Your wisdom is a blessing for them and a lasting treasure. Nothing would be the way it is if you were not around. Every place you have been and every person you have met would be different today without you. You are a piece of the puzzle in the lives of many people.

Puzzling over your life can be an inspiring way to see the bigger picture and make sense of each piece of your very own puzzle. By articulating what is important to you, reflecting on your personal experiences and the choices that have uniquely shaped your life, you can also learn more about yourself and your journey. Using your puzzle pieces as instruments of inspiration and self-reflection can be a way to gratefully embrace your past and look towards the future with a faithful feeling.

Are you living the life you want to live Yes No

I live my values and priorities Yes No

People I love know why I love them Yes not all of them

Would you be able to die peacefully today Yes No

If you are going to die anyway, why should you live

~~~~~  
~~~~~  
~~~~~

Do you know what you would die for

~~~~~  
~~~~~

*«No one really knows why they are alive until they know what they'd die for.»*

*Martin Luther King Jr.*

## Life Puzzle



# Life Puzzle

*«I am not afraid of death. I just don't want to be there when it happens.»*

Woody Allen

What do you think about your mortality

---

---

---

---

---

Have you experienced a moment where you thought: 'This is it, I'm not going to make it'

Yes  No

---

---

---

---

---

Who would you want to talk to today if you knew you were going to die tomorrow

---

---

---

---

---

What would you do

if I had one year to live

---

---

---

---

---

if I had six months to live

---

---

---

---

---

---

---

---

---

---



# Life Puzzle

if I had one month to live

---

---

---

---

---

if I had one week to live

---

---

---

---

---

What would you do for a perfect last day of your life and with whom

---

---

---

---

---

If you died tomorrow, how many conflicts | resentments would remain unresolved

My life in one sentence

---

---

---

---

---

---

---

---

---

---

*«Do not wait to die until you die.»*

Stephen Levine



# Family

Do you know the meaning of your name and why your parents gave it to you, is there an anecdote about your name

Handwriting lines for the first question.

«Begin to weave and the Divine will provide the thread.»

Folk Wisdom



If you have one or more nicknames, how and when did they manifest

Handwriting lines for the second question.

Where did you spend your childhood and what memories do you have of this time

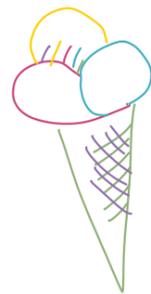
Handwriting lines for the third question.

What memories do you have of your family home

Handwriting lines for the fourth question.

What traditions did your family cherish, e.g. on holidays

Handwriting lines for the fifth question.



# Family

Where did you often go on holiday

Handwriting lines for the first question.

If you have siblings, what memories do you connect with them

Handwriting lines for the second question.

How similar are you

Handwriting lines for the third question.

What do you admire in your siblings

Handwriting lines for the fourth question.

Where did your parents come from and how/where did they meet

Handwriting lines for the fifth question.

Did your parents have a happy childhood  Yes  No

Handwriting lines for the sixth question.



# Family

What is the most important thing you have learnt from or through your parents or grandparents

Handwriting lines for the first question.

Are there certain words or phrases your parents | grandparents often used

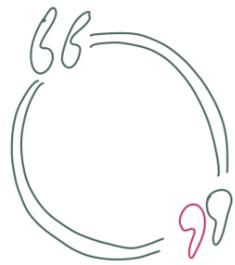
Handwriting lines for the second question.

My favourite story about my mother

Handwriting lines for the third question.

My favourite story about my father

Handwriting lines for the fourth question.



*You were created in your grandmother's womb: when your Mum was a foetus, she developed her ovaries and all the eggs she would ever carry, including the one that then miraculously became you.*

imagine...

# Family

My most precious family memory

Handwriting lines for the first question.

If you had a family slogan, what would it be

Handwriting lines for the second question.

Is there anything you regret not having asked your parents (yet)

Handwriting lines for the third question.

Which other relatives, such as uncles, aunts, nephews or step-families, have had a significant influence on your life

Handwriting lines for the fourth question.

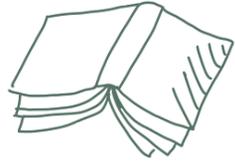


*«Goodbyes are only for those who love with their eyes. Because for those who love with heart and soul there is no such thing as separation.»*

Rumi



# Childhood



Did you have a happy childhood  Yes  No

Where did you go to school and what do you remember from that time

Who were your best friends in your younger years and what did you like to do together

Where did your group preferably meet

Are you still friends with people from your childhood  Yes  No

What was your favourite way of spending the summer holidays

What did you want to be when you grew up

Who was your first great love and how old were you

Do you know what happened to your childhood sweetheart  Yes  No

What is the craziest or most shameful thing you did as a teenager

*The latest is  
the Greatest.*



# Childhood



What was your style at time (clothes, look, music, mindset, ...)

Who was your idol at the time

What did you collect when you were young and why

Who inspired you most as a teenager

What feeling do you associate with your teenage years

My first motorbike or car

When did you leave home and what memories do you have of that time

What wisdom do you want to leave teenagers or their parents



# Partnership and Love

Are you in a relationship that enriches your life  Yes  No

Are there taboos in your partnership  Yes  No

How did you meet  
\_\_\_\_\_  
\_\_\_\_\_

This is our song  
\_\_\_\_\_

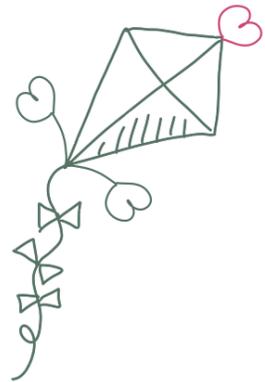
Do you have memories about your first encounter with your parents-in-law  
\_\_\_\_\_

What is the most romantic thing you have ever done for someone  
\_\_\_\_\_  
\_\_\_\_\_

What is the most romantic thing someone has ever done for you  
\_\_\_\_\_  
\_\_\_\_\_

My thoughts about love  
\_\_\_\_\_  
\_\_\_\_\_

Have you ever experienced love at first sight  Yes  No



# Partnership and Love

How important is humour in a partnership

very important  important  secondary

What else is important to you in a partnership  
\_\_\_\_\_  
\_\_\_\_\_

What is the most valuable thing you have learnt from or through a partner  
\_\_\_\_\_  
\_\_\_\_\_

What do you wish for your partner  
\_\_\_\_\_  
\_\_\_\_\_

Imagine marriage ended automatically after seven years with an option to extend for another seven years if both partners say yes again

|              |                       |                       |                       |                       |                       |                       |                       |                       |                       |
|--------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| wedding year | +7                    | +14                   | +21                   | +28                   | +35                   | +42                   | +49                   | +56                   | +63                   |
| Yes, I do    | <input type="radio"/> |

What else seems important for me to leave behind  
\_\_\_\_\_  
\_\_\_\_\_



*«Where there is great love there are always miracles.»  
Willa Carther*



# Children

When did you first realise that you would be a mother | father and what did you feel at that moment

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Can you describe the moment when you saw your child for the first time

---

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---

---

How did the names of your children come about

---

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---

---

Do you remember what it felt like when your first child left the nest

---

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---



What do you love most about being a parent

---

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---

---

How has being a parent changed you

---

---

---

---

# Children

What is the most valuable thing you have learned from or through your children

---

---

---

---

What are you most proud of in your children

---

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---

---

Do your children know that you are proud to be their father | mother

Yes  No  not yet

Is there anything you would like to experience with your kids, but have not yet managed to do so

---

---

---

---

I hope my children will live this experience themselves one day in their lives

---

---

---

---

What do you wish for your children

---

---

---

---

*«There are two ways to spread the light: the candle or the mirror that reflects it.»*

*Edith Wharton*



# Family Tree



The living will and choices of our ancestors allow us to exist today. With your sketched family tree, you can pass on details and stories about family members who have already died and keep it alive for future generations.

# Friendship

Do your friends fit in a phone box  Yes  No

For which friend do you provide a 24/7 standby service

Who is the friend you trust in a 24/7 standby service for you

Who is your shame friend - a friend in front of whom you are really not embarrassed about anything

By what circumstance or coincidence did you meet

What is the most precious thing about your friendship

Has CORONA influenced your friendship  Yes  No

Do you consider the duration of a friendship a measure of value  Yes  No

Are you a friend to yourself  Yes  No

Have you ever asked someone for forgiveness  Yes  No

Whose apology(s) means a lot to you

*«Coincidence is the Universe's way of remaining anonymous.»  
Albert Einstein*



# Professional Career

What education or studies did you complete and what do you remember from that time

Handwriting lines for the first question.

What was your professional destiny and why did you choose it

Handwriting lines for the second question.

If you could decide again, which profession would you choose  the same again

Handwriting lines for the third question.

My first Job

Handwriting lines for the fourth question.

The best Job I ever had

Handwriting lines for the fifth question.

The worst job I have had

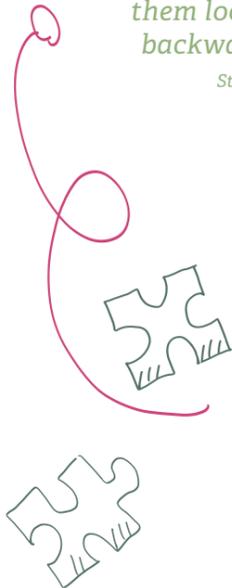
Handwriting lines for the sixth question.

Are you currently working in a job that enriches your life

Yes  No

Handwriting lines for the seventh question.

«You can't connect the dots looking forwards, you can only connect them looking backwards.»  
Steve Jobs



# Professional Career

Would you stay in your current job if you knew you only had one year to live  Yes  No

Handwriting lines for the first question.

How did you balance work or studies and private life

Handwriting lines for the second question.

My professional successes, of which I am particularly proud

Handwriting lines for the third question.

Can you give a recommendation on how to find a fulfilling job

Handwriting lines for the fourth question.

Handwriting lines for the fifth question.



«When the Power of Love overcomes the love of power this world will know peace.»

Jimí Hendrix



# About me

Do you believe in coincidences  Yes  No

Have you experienced any miracles  Yes  No

If Yes, which ones were they  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are you a religious person  Yes  No

Are you a spiritual person  Yes  No

If Yes, was there a special spiritual moment in your life  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are important values that you think a person should live by  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What values do you live by  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Spirituality, the feeling of meaning and fulfilment, is often experienced by the dying at the end of their lives. They describe a feeling of being connected to everything around them and develop a clarity and understanding of what their life's journey has been about.*

*The companions of a dying person also often experience the feeling of non-judgemental unconditional Love.*

# About me

What have you always been most afraid of in your life  
\_\_\_\_\_  
\_\_\_\_\_

Have your dreams and goals changed over the course of your life  Yes  No

Has your definition of success changed over the years  Yes  No

Have you changed due to CORONA  Yes  No

In which moments do you feel most alive  
\_\_\_\_\_  
\_\_\_\_\_

How happy are you on a scale of 1 to 5  
unhappy      very happy

What makes you happy right now  filling in my Puzzlestück 

For happiness I am missing  nothing

*«Do the thing you fear most and the death of fear is certain.»*

*Mark Twain*



# About me

Were there memorable moments and experiences that had a significant influence on your life or even turned it in a different direction

Handwriting lines for the first question.

What will be important milestones in your future life

Handwriting lines for the second question.

What are you grateful for

Handwriting lines for the third question.

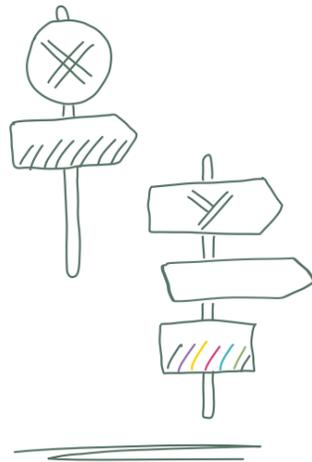
People who inspired me

Handwriting lines for the fourth question.

Do people who have inspired you know that they have inspired you

Yes  No  not all of them

Handwriting lines for the fifth question.



# About me

How old do you want to become

How young do you want to stay

What are you afraid of when you get older

Handwriting lines for the first two questions.

What do you think are the advantages of getting older

Handwriting lines for the third question.

Is there anything you miss about the 'good old days'

Handwriting lines for the fourth question.

What hope have you given up

Handwriting lines for the fifth question.

What has always remained the same about you throughout your life

Handwriting lines for the sixth question.

Why do you enjoy giving

Handwriting lines for the seventh question.

«There are no laws against old women climbing trees.»  
Astrid Lindgren



# About me

Do you collect something  Yes  Experiences  No

If so, what and why that



I love these hobbies

Are you involved in voluntary work and if so, where and why



World Council For Health

What are you glad you did

If you could change the world, what would you do

«Everything you can imagine is real.»

Pablo Picasso



# About me

What two things would you change in your life now if you could

1.

2.

Are there certain phrases or quotes that you use regularly

Do you maintain certain traditions and rituals



What makes you unique; what do you like most about yourself

My sporting successes, of which I am particularly proud

«Stand up for what you believe in, even if it means standing alone.»

Novak Đoković



# About me

Personal successes of which I am particularly proud

Handwriting lines for personal successes.

What have you earned a Nobel Prize for

Handwriting lines for Nobel Prize question.

What is your recipe against stress, anger and frustration

Handwriting lines for stress recipe question.

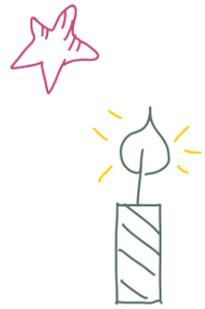
Where do you go when you need time for yourself

Handwriting lines for time for yourself question.

How often do you take or feel a sheer boredom  often  seldom  never

This is my favourite way to relax

Handwriting lines for favourite way to relax question.



# My Preferences for...

Colours

Senses

Fragrance

Music

Plants and Flowers

Culinary

Sweets | Snacks

Spices

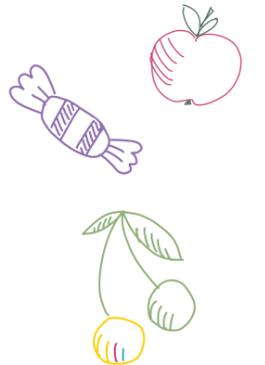
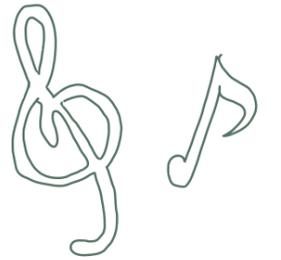
Fruits

Vegetables

Beverages

Vices and Habits

Dialects



# My Preferences for...

*«Imperfection is beauty, madness is genius and it's better to be absolutely ridiculous than absolutely boring.»*

*Marilyn Monroe*

Quirks, Tics and Obsessions

Instruments

Literature

Artists

Holidays

Poets and Philosophers

Quotes

Films and Series

Books

Fairy tale

Zodiac Sign

Season

Animals



# My Preferences for...

Athlete | Team

Sports

Travel Destinations

This is what fascinates me most about travelling

Which countries have you travelled to and which ones do you still want to get to know

Which foreign cultures have particularly impressed you

Which language(s) do you speak and which would you also like to speak



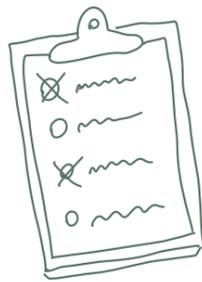
*«Better to see something once than to hear about it 1000 times.»*

*Asian Wisdom*





# This is how I would remember myself



- ambitious    generous    successful    stingy    resilient  
 humorous    sarcastic    discreet    with integrity  
 passionate    striving    creative    loyal    perfectionist  
 intelligent    crazy    imaginative    religious    ambitious  
 fair    authentic    emotional    engaged    sincere  
 fussy    upright    empathetic    attractive    galant  
 loyal friend    vegetarian    vegan    helpful    stuffy  
 mindful    affected    adventurous    reflective    familiar  
 stylish    modest    honest    traditional    intuitive  
 polite    aggressive    cosy    accessible    beautiful  
 independent    spiritual    tolerant    sporty    autonomous  
 objective    frugal    cheerful    homely    trustworthy  
 lovely    respectful    orderly    chaotic    optimistic  
 enthusiastic    grandiose    responsible    curious    narcissistic  
 aspiring    forgiving    hardworking    anxious    popular  
 authoritarian    thoughtful    good listener    bossy    approachable  
 weak    clean    grateful    content    reliable  
 warm-hearted    boring    reasonable    choleric    charming  
 stubborn    egotistical    flexible    friendly    happy  
 talented    chatty    obstinate    dominant    patient  
 peaceful    balanced    insecure    distant    child-loving  
 animal-loving    arrogant    funny    bustling    pedantic  
 phlegmatic    faithful    alert    temperamental

- freethinker    busy    skilled    clever    musical  
 craftsmanly    workaholic    complicated    loyal    melancholic  
 consequent    nature-loving    idealistic    extravagant  
 inspiring    naive    punctual    sociable    late  
 shallow    pessimistic    dreamy    spontaneous  
 eloquent    self-confident    impatient    lonely    shy  
 calm    cooperative    environmental    lazy    tender  
 careful    hopeful    kind    silly    indecisive  
 bourgeois    careless    strong    wise    lonesome  
 jealous    light-hearted    caring    gifted    vindictive  
 conservative    sensual    mistrustful    active    charismatic  
 deep-thinker    organised    passive    persistent    realistic  
 critical    dutiful    elegant    goal-oriented  
 attentive    romantic    sensitive    courageous  
 minimalist    brave    relaxed    enlightened

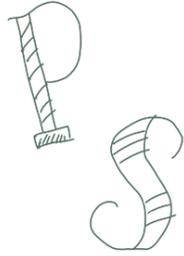
«The tragedy of life is not death but what we let die inside of us while we live.»

Norman Cousins



# About me

Here is space for your visions, thoughts, favourite memories with certain people, recipes, wisdom and inspiration or even things that no one knows about you yet.



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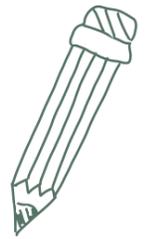


# About me

Handwriting practice lines for the right page, consisting of multiple horizontal wavy lines.

«Some things are so simple that they are difficult to understand.»

Moon



Who may receive a copy of your life puzzle

- anyone who is interested in
- nobody
- these people only

Name

Name

Name

Name

Name

Name

Name



# Glossary

Laws and forms can change, which is why there are no forms attached to the *Puzzlestück*. Some orders, such as the Child Care Order or your last will and testament, must be completely handwritten anyway. And everyone should also formulate and draw up a living will for themselves according to their own values and treatment wishes. One possible source for text modules and forms is your health insurance company, a justice of the peace, or the Ministry of Justice. You should draw up appropriate directives and powers of attorney in the good times, ideally now!

As an adult you do not have a legally appointed representative, as it is usually the case with a minor child's parents. If you do not grant a power of attorney to a trusted person yourself, a caregiver will be appointed for you by authorities. Do you want that?

We are insured against all sorts of things these days. Your instructions mentioned here are also kind of an insurance, except that they cost you nothing - only a little lifetime - no agent has to come, and this type of insurance is guaranteed to pay off for you and your loved ones.

*«You matter because you are you and you matter until the last moment of your life.»*

*Dame Cicely Saunders*

## EMERGENCY ID

You should always carry an Emergency ID with you, as it contains all the important information that first responders need in the event of an emergency. Information about your blood type, allergies, illnesses, medications and also contacts who need to be notified can be noted here. You can also set up emergency details in your smartphone.

## POSTAL ORDER

A Postal Order can be useful not only in case of illness but also in case of extended absence. Without the presentation of such an order, which can be submitted beyond death, postal companies will not hand over items to third parties.

## MEDICAL CONFIDENTIALITY RELEASE ORDER

A doctor is legally bound to confidentiality and it is normally not allowed to give relatives information about diagnosis and therapy.

With a release from medical confidentiality, which can be revoked at any time and can be issued from the age of 16, you specify in advance to whom your doctors are released from their duty of confidentiality.

## Appendix

# 09



### LASTING POWER OF ATTORNEY

If you have not granted a valid Power of Attorney and you are unable to manage all or part of your affairs yourself, a court will appoint a legal guardian. A power of attorney gives you the opportunity to avoid the assignment of a caretaker by authorities. With a power of attorney, you can grant a person of your choice the right to act on your behalf.

The power of attorney can cover certain individual affairs or all matters. You should authorise a person whom you trust entirely and who you are convinced will act in your best interests. It makes sense to include the authorised person(s) already when drafting your power of attorney. In order to avoid any doubts about the authenticity and effectiveness, you can have it notarised.

The authorised person is not supervised by the court and is therefore not accountable to the court. If you want the person who legally takes care of your affairs to be controlled by authorities, you can issue a care directive instead.

### CARE DIRECTIVE

With a Care Directive, which expires upon your death, you can specify in advance who authorities should appoint as your legal guardian if you become incapacitated.

The court is bound by this choice if it is not contrary to your best interests. You can also decide who is not eligible to be your guardian under any circumstances.

You also have the option of appointing two guardians in order to assign different competences and tasks to each of them.

It is also possible to specify the content for the caregiver, such as which wishes and habits should be respected or whether you would like to be cared for at home or in a nursing home. You can also draw up a care directive only as a guideline that contains your values and wishes, without a trusted person being present and named. This person will then be appointed by authorities in the event of care being needed. In contrast to a power of attorney, a designated guardian is controlled by the court and can be changed, for example, in the event of irregularities, even if you are no longer legally competent. A care directive in combination with a health care proxy is a good alternative to an all-encompassing power of attorney.

### HEALTH CARE PROXY

As an adult of full legal age, you cannot automatically be legally represented by your close relatives or family members. You need a mandate for this if you want to avoid a court deciding on your treatment. With a Health Care Proxy you determine who can make decisions for you, even temporarily. You name a person who you trust to make decisions for you exclusively in medical and nursing matters, if you are no longer able to do so yourself due to an accident, illness or dementia. A doctor needs the consent of the person you trust in order to be allowed to carry out medical measures that he or she considers reasonable. This health care proxy can also be used to release doctors and nursing professionals from their legal duty of confidentiality.

However, a health care proxy does not replace a living will, which defines your general wishes in future treatment situations. In particular, the handling of life-prolonging measures and your wishes for your own dying process are comprehensively regulated in a living will. The following applies to both orders: You save valuable time in crisis situations if you set out and regulate everything in writing beforehand.

### ADVANCE CARE DIRECTIVE OR LIVING WILL

With a written living will, which you can revoke at any time, you can manifest that certain medical measures are to be carried out or not carried out if you are no longer able to make decisions and communicate yourself.

The living will is valid indefinitely as long as it is not revoked and does not require notarisation. In particular, it regulates situations in the last phase of life or in the case of serious and terminal illness. In this way, you ensure that your will is implemented, even if you are no longer able to express it. Doctors and also your appointed representatives (guardians or proxies) are bound by your wishes.

It may be important for medical professionals to recognise the validity of your documented wishes by revising, initialing and dating your living will at various times. Your living will is effective even without medical advice, but it is advisable to seek medical advice when drafting your wishes. This is particularly important for the content, scope and consequences and to avoid contradictions between individual wishes.

You can change your directives at any time. If you want to make changes, you must create a new form, distribute new copies and destroy all old copies. Specific requirements for changing directives may vary by state.

It is advisable to make a living will at any age.

After your 18th birthday, no one - not even your parents or partner - has the right to make decisions about your treatment and care. Therefore, it is never too early to write an advance care directive.

### LONG-TERM CARE DIRECTIVE

In this way, you can specify your personal wishes if you are no longer able to express them yourself in the event of a care situation. Certain ideas about your daily routine, sleeping habits, hygiene or even entertainment.



# Glossary

## CHILD CARE ORDER

With a handwritten and signed Child Care Order, parents or single parents have the possibility to specify in advance who is responsible for their minor children after their death or in the event that they are no longer able to do so for health reasons, and who will be their guardian. If a child loses both parents or the one who has parental responsibility and there is no child care order in place, the child is assigned a legal guardian by the Family Court. If the mother and father exercise joint parental custody, the surviving partner retains custody in the event of the death of only one parent. The surviving partner then has sole custody. This also applies to separated or divorced couples. If the custodian dies, the court can give custody to the surviving parent if it is in the best interests of the child. Otherwise, as in the case of the death of both parents, the court appoints a suitable guardian. Godparents have no legal function; they do not automatically receive guardianship.

A different person can be named for both personal care and financial care. This can be done in a child care order or can also be part of a testament. Authorities can only deviate from a child care order if there are justified doubts about the suitability of the proposed person.

You can also use a child care order to explicitly exclude certain people from guardianship.

A care order can last until a child is 18 years old.

In addition to being kept with the potential guardian, the care order can be deposited in the form of a will at the court.

## LAST WILL OR TESTAMENT

Taking financial decisions only after one has been diagnosed with a terminal illness is inconvenient and may not go well, if it gets done at all. Such decisions should be well considered and made before someone is in a critical condition. Knowing that you have your things organised, documented and allocated the way you want them can bring you tremendous peace of mind and is a priceless gift for your loved ones.

A last will or testament is a legally valid document that clearly states what you want to happen to your estate (real estate, financial assets and other assets) after your death. A testament must be completely handwritten, signed with your first name and surname and must mention place and time. You can use the blank pages at the end to draft your will digitally. An alternative is a notary public, which is drawn up by a notary as a public record. A notary can authenticate and witness most legal documents as well as being able to obtain apostilles and arrange legalisation where needed. A notarial will is recommended for larger assets and complex family relationships.

# Glossary

## ESTATE ADMINISTRATOR

An Estate Administrator takes care of your estate after your death. The trustee ensures the fulfilment of the requirements set out in your testament or in your *Puzzlestück*.

You can appoint any person. This can be your lawyer, but it can also be friends or family. Your estate administrator should be trustworthy and reliable and have the ability to remain neutral in the event of conflicts.

## PALLIATIVE CARE

In palliative care, the focus is not on the disease but on managing the symptoms - '*care not cure*'. In addition to physical care, it also includes psychological, social and spiritual support.

Palliative care serves the goal of maintaining and improving the quality of life and autonomy of seriously ill people suffering from an incurable, advanced disease, and to enable them to live with dignity until death. In the case of palliative care patients, the focus is not on curing an illness but on relieving symptoms and suffering. This is called a holistic approach, because it deals with you as a whole person, not just your illness or symptoms.

In medicine, the term "palliative" (Latin *pallium* = mantle) stands for "alleviating the symptoms of a disease without eliminating its causes". Accordingly, the individual needs and wishes of the patients as well as the concerns of the people familiar to them form the focus of palliative care. If your doctor or a medical professional has told you that you might have 12 months or less to live, you might be able to get financial benefits.

Having palliative care doesn't necessarily mean that you're likely to die soon – some people receive palliative care for years. Among other things, it should enable those affected to be cared for in their familiar home environment or in a care facility until they die. It requires a prescription by a doctor. Sometimes doctors or nurses find talking about these things difficult too. But honest conversations can help you make decisions about your care.

Your healthcare professionals may suggest different options, such as staying in your own home or moving to a care home or friend's home. They may also suggest staying in hospital or a hospice.

«If you want to endure life, prepare yourself for death.»

Sigmund Freud



# Glossary

## PASSIVE EUTHANASIA

In passive Euthanasia, a certain treatment is withheld or interrupted at your request, in particular the implementation of life-prolonging measures such as artificial respiration or nutrition. In other words, an activity is omitted (passive) and no direct killing is carried out (active). Your Advance Health Care is of great importance here. It gives you a voice and you should specify in it exactly which measures are to be omitted and when, in order to enable you to die in a dignified and legal manner in the event that you are no longer able to express this clearly.

## INDIRECT EUTHANASIA

Indirect Euthanasia refers to an unintentional side effect of a sensible medical measure that possibly accelerates the occurrence of death but (consciously or unconsciously) accepts it. Certain medications or anaesthetics can be used to treat seriously ill people who are suffering from severe pain or anxiety and are in the final stages of death. It can be used in a targeted way to alleviate this.

Depending on the severity of the illness or suffering, a doctor administers drugs in high doses, despite the risk that their side effects could shorten the patient's life. Indirect euthanasia makes it possible to die without pain and with dignity.

## ASSISTED SUICIDE

Assisted Suicide is an act by which a person is assisted in committing suicide. It is an act of assisting the autonomous suicide of the patient. A doctor or another third party does not actively administer a drug, but prescribes it or makes it available. The dying person takes it independently.

## ACTIVE EUTHANASIA

Active Euthanasia is the shortening of your life by actively influencing your illness and dying process. We speak of active euthanasia when you expressly request to end your life and your death occurs through external intervention. This means that a doctor or another third party actively administers a drug that leads to your death. Both euthanasia and assisted suicide are illegal under English law.

# Glossary

## END OF LIFE CARE

Throughout history, we have always sat at the bedside of dying people. If there was no family or they were unable, the neighbourhood was involved. This tradition has been lost over the last few decades, but is currently experiencing a renaissance with an increasing willingness of people to dedicate themselves again to this grounding and fulfilling duty. A bereavement counsellor, also called a death doula, is a non-medical person trained to accompany someone holistically - psychologically, mentally, emotionally, spiritually and practically - at the end of life; meeting everyone involved wherever they are at in the process.

Trained end of life caregivers assist in regaining a measure of control and can provide support in looking back and clearing up unresolved issues such as conflicts, guilt, injuries or even regrets.

Similar to a midwife who brings new life into the world and is a great support for all involved, death doulas can help you leave this world feeling whole again. A death companion accepts death as a natural part of life and embraces it with respect. It is about a pleasant balance between the closeness to death, which should not be denied, and beautiful and enjoyable moments in the precious time we have left.

A death companion can also be a great support for your relatives during the time afterwards, when it is important to create an individual farewell that is tailored to your life and your wishes.

*«Time we take  
is time that gives  
us something»*

*Ernst Ferstl*



# Glossary

## HOSPICE

A hospice is a small, economically independent facility with a family-like character, in which people and their relatives are holistically cared for in the last phase of an incurable illness, in order to experience this time as consciously and contentedly as possible and to experience the greatest possible quality of life, autonomy and dignity. A hospice is a living place where fear gives way to a feeling of security and warmth. A requirement for admission to a hospice is a progressive illness leading to death for which a cure can be ruled out.

*«In the end we all become stories.»*

Margaret Atwood

You might be able to be cared for at home but visit a local hospice for appointments during the day. The hospice staff can help you with pain management, symptoms and other issues. You can also have counselling, complementary therapies and spiritual care.

Born in 1918 physician Dame Cicely Saunders is the founder of the modern hospice movement. She recognised the inadequacy of care of the dying that was offered in hospitals and founded St Christopher's Hospice in 1967 as the first hospice linking expert pain and symptom control, compassionate care, teaching and clinical research. Her vision and work has transformed the care of the dying throughout the world. Today there are more than 200 hospices caring for adults and children across the UK.

An inpatient adult hospice has usually the capacity for ten to twenty beds. Hospice care is free, paid for through a combination of NHS funding and public donation. You can contact a hospice directly yourself, but you will usually also ask for a referral from your doctor. Places are limited. On average, as much as two thirds of an adult's hospice income and 80% of a children's hospice income is raised through fundraising from the public. Some hospices also have community services, where they come and visit you in your own home.

A hospice is less a place than a way of life. It offers space and time to say goodbye. In addition to the dying guest, his or her relatives, who are not bound to any visiting hours, also experience a great amount of support and assistance in the care of the dying and mourning.

Hospices have special staffing and facilities to ensure palliative, psychosocial and spiritual care. In addition to the guest rooms, which are designed as single rooms, there are also rooms for gathering as well as a room of silence. A feeling of safety and warmth, but also peace and privacy are the qualities that characterise the very individual care of the guests. For example, a hospice allows relatives to stay overnight in the facilities. Each room has its own bathroom, is equipped with a TV and is pleasantly furnished.

If desired, guests can add their own personal interior design. Minibar and room service are available to all guests for even the most unusual wishes in the round-the-clock well-being package. The smell of freshly baked apple pie is more likely in a hospice than that of sanitiser. Pets are also welcome and in some places smokers can indulge their vice until their last breath.

To get a feeling for what a hospice is, but above all what it is not, it's a good idea to visit a facility near you.\*

\* Hospice Care Finder

# Notes

*«The way to see how beautiful earth is, is to see it as the moon. The way to see how beautiful life is, is from the vantage point of death.»*

Ursula K. Le Guin

Lined area for taking notes, consisting of multiple horizontal lines.



# Contact List of People and Institutions mentioned in the Puzzlestück

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# Key List

(second) key | batches or  
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who has a key | access cards

handover

return



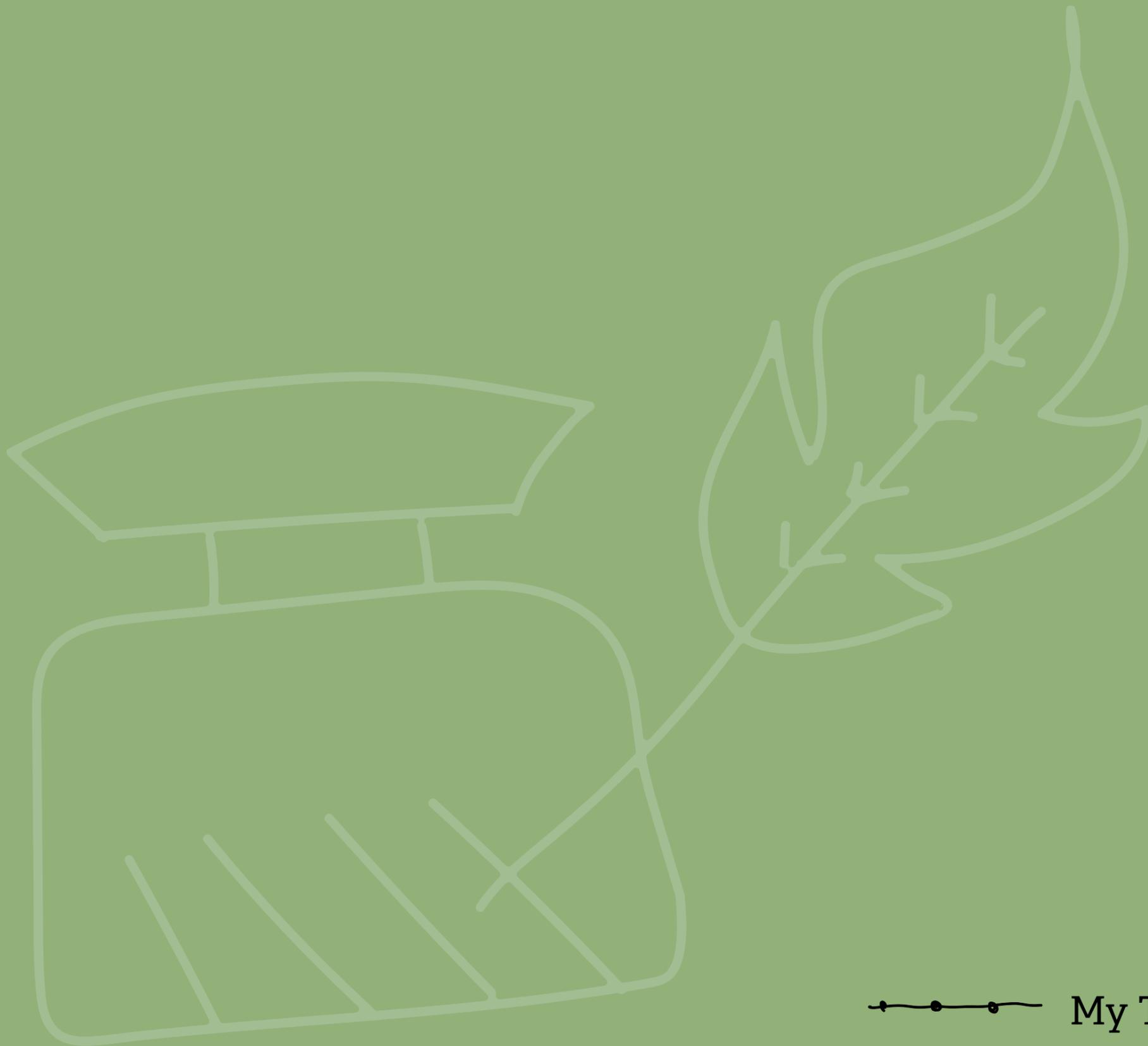




Everything you can imagine is real

imag!ne...





—•—•—•— My Testament —•—•—•—

# My Testament

Here is space to draft your will digitally. Only a handwritten will is legally valid. It is important to start with 'My will', write it by hand, in a legible manner and confirm your will at the end of your explanations with place, date, time and signature (first and last name). A child care order can be part of your will.

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# My Testament

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# My Testament

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# My Testament

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# My Testament

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# My Testament

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# Impressum



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*«It ain't over  
till it's over.»*

## FEATURES HARDCOVER BOOK



|                       |                                                                                                                                                                                                                           |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Hardcover Edition  | Edition 2020 <small>sold out</small>                                                                                                                                                                                      |
| Paper, Cover, Binding | Format 217 x 304 mm folded<br>100g/m <sup>2</sup> Recy Star Polar, Blue Angel<br>FSC Classification, Hardcover with<br>Canoso-Cover, Thread Sticking with red<br>Ribbon, not foil-wrapped<br>printed and bound in Germany |
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Imagine it would be totally normal to file a *Puzzlestück* in a caring way as part of our standard paperwork. Imagine we all take care of our own death in the midst of our life and face our own mortality fearlessly. *Imagine living in a better world.*

*«A mind that is stretched by a new experience can never go back to its old dimensions.»*

Oliver Wendell Holmes

## Everything you can imagine is real.

Since the *PUZZLESTÜCK* Crowdfunding Debut on 14. Februar 2020 so much has changed. But a lot still hasn't changed. If not now, then when do we want to shape our own Future. For ourselves, for our Children and for future Generations.

If not now, then when would be the best Time to support Initiatives that share and live the Vision of a better World with Passion, Integrity and **OUT OF THE BOX**.

Whether financially, as Volunteer, Coalition Partner or Ambassador. If You feel the same Way about the Mission of the **WORLD COUNCIL FOR HEALTH**, please support this priceless Vision for Humanity, lead by us the People; People like You and Me.

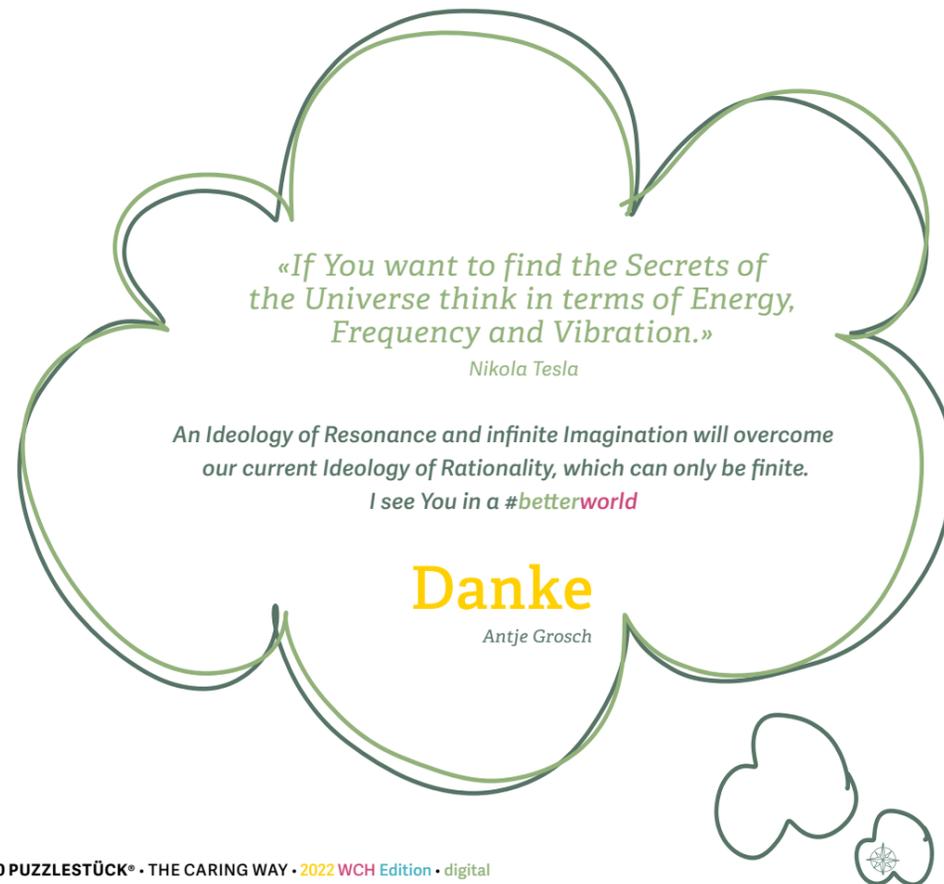
Be curious. Be faithful. Be alive.  
Antje

Click to Donate 



# PUZZLESTÜCK

## THE CARING WAY



### Social

- Telegram
- Gettr
- Odysee
- Rumble
- LinkedIn
- Facebook
- Spotify
- Anchor

... and many more to discover

WCH Webshop



# Better Way Charter

7 Principles of A Better Way

- 1. We act in honour and do no harm**  
We do our best to live by this law, and enact the principles within this charter by it.
- 2. We are free beings with free will**  
We take responsibility for, and control of, our lives, our choices and our health.
- 3. We are part of nature**  
We recognise that the well-being of people and planet are interdependent and we nurture both in equal measure.
- 4. Spirituality is integral to our well-being**  
People are spiritual and we thrive when life has conscious meaning and higher purpose.
- 5. We thrive together**  
We are inclusive and value our diverse, integrated, and collaborative community.
- 6. We value different perspectives**  
We celebrate respectful discussion as the means to ever more refined knowledge, compassion and wisdom.
- 7. We use technology with discernment**  
We recognise technology used respectfully will enhance learning and wisdom to benefit people and planet.



### With courage, we do not tolerate:

- The violation of people's inalienable rights and freedoms\*
- Profit, power and influence coming before the well-being of people and planet

\* freedom of speech, freedom of movement, freedom of assembly, the right to free and informed consent, the right to body integrity and that everyone is innocent before proven guilty.

## JOIN SOURCE

By joining Source, you will have access to online regional groups, resources and campaigns.

To proceed, we ask that you review the 7 Principles of the Better Way Charter set out on this page, and confirm that your values are in alignment before creating your account.

Yes, I am aligned with the Better Way Charter Principles\*

I'm ready to explore Source!

