

IRISH GOODBYE

# If I should go

A MINDFUL CHECKLIST & WORKBOOK

[FORIRISHGOODBYES.COM](http://FORIRISHGOODBYES.COM)

SOMEONE TO WALK YOU HOME

IRISH GOODBYE

# if I should go

A mindful checklist & workbook for people who like to be prepared.

**This is not a prediction, it's an act of care.**

You don't need to be unwell, worried, or dramatic to want things organized. This workbook is for calm days, clear minds, and the comfort of knowing that if someone ever needed to step in on your behalf, they could.

Use this slowly. Skip around, there is no rush.



## INTRODUCTION

# How to use this Workbook

- Fill out what feels easy first
- Leave blanks where you're unsure
- Update it anytime life changes
- Share only what you want, with whom you want
- No need to include actual passwords, just where to find them
- Store a printed & digital copy somewhere safe and known to trusted loved ones

Preparedness is not pessimism, it's one of the kindest gifts to offer when loved ones feel overwhelmed in your absence.

SOMEONE SHOULD KNOW THIS

# The Essentials

Full legal name: \_\_\_\_\_

Alternative Name(s): \_\_\_\_\_

\_\_\_\_\_

Date of birth: \_\_\_\_\_

Social Security / National ID (optional): \_\_\_\_\_

Primary address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Secondary Address: \_\_\_\_\_

\_\_\_\_\_

Emergency contact

Name: \_\_\_\_\_

Relationship / phone: \_\_\_\_\_

\_\_\_\_\_

SOMEONE SHOULD KNOW THIS

# The Essentials

Secondary contact: \_\_\_\_\_

Name / relationship / phone: \_\_\_\_\_

Primary care physician/Name & Phone: \_\_\_\_\_

Preferred hospital or care provider (if any): \_\_\_\_\_

SOMEONE SHOULD KNOW THIS

# The Essentials

Will or estate documents location: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Power of attorney / healthcare proxy: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Birth certificate / passport: \_\_\_\_\_

\_\_\_\_\_

Marriage or divorce records: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Safe deposit box or home safe: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Digital password manager location: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Care Preferences

Allergies or sensitivities: \_\_\_\_\_

\_\_\_\_\_

Medications or supplements: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Religious or spiritual considerations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If I couldn't speak for myself, I would want:

- Comfort prioritized
- Longevity prioritized
- A balance of both

Anything else someone caring for you should know:

\_\_\_\_\_

\_\_\_\_\_

# Digital Life & Online Presence

## Email accounts

- Primary: \_\_\_\_\_
- Secondary: \_\_\_\_\_
- Business: \_\_\_\_\_

## **Social media** (what should happen?):

- Memorialize
- Delete
- Leave as is
- Someone manage it \_\_\_\_\_

## Platforms, Account names & where to find login information:

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LIFE ONLINE

# Digital Life & Online Presence



Subscriptions to maintain/cancel/transfer:

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Where to locate Photos/Videos (Cloud/Google Photos/Hard Drive)

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END OF LIFE

# Practical Matters

Burial / cremation preferences (if known): \_\_\_\_\_

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Songs, readings, or verses I love: \_\_\_\_\_

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Clothing I'd feel good in: \_\_\_\_\_

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Things I do not want: \_\_\_\_\_

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PEOPLE TO NOTIFY

# People & Notifications

People who should know right away: \_\_\_\_\_

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People who could find out later: \_\_\_\_\_

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Anyone I'd want protected from the news for a bit:

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# Pets & Plants

Pet Homing & Care instructions: \_\_\_\_\_

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Plants: \_\_\_\_\_

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Mail, deliveries, routines someone should know:

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WORK THINGS

# Work, Projects & Loose Ends

Current work or creative projects: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Where things are saved: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Anyone who should step in or be notified: \_\_\_\_\_  
\_\_\_\_\_

Computer Unlock Instructions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

FINANCES

# Financial Snapshot

(No account numbers required.)

Bank(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Credit cards: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Loans or debts:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



FINANCES

# Financial Snapshot

(No account numbers required.)

Insurance policies: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Anything auto-paid: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Other/Personal Accounts/Contacts:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



PERSONAL

# Legacy to Leave

Things I want people to know: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Things I'm proud of: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Things I hope they remember: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





If nothing else, let this be a small sigh of relief.

You don't need to finish this today.  
You don't need to feel heavy to be prepared.  
This is simply love, written down.

With Love,  
*Kayla Grieve*

Your friend for the End (and Beyond)  
Kayla Grieve, Founder of Irish Goodbye

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