

REMEMBERING THE DETAILS

Many mourners fear forgetting the little details that made their loved one so special. Use the prompts below to document details about your loved one that offers a snapshot of who s/he was, and what you want future generations of your family to know about your loved one. If you don't recall every detail, that's okay. Just record what you remember.

MY LOVED ONE'S NAME: _____

DATE OF DEATH: _____ AGE AT TIME OF DEATH: _____

CAUSE OF DEATH: _____

MY LOVED ONE'S EYE COLOR: _____

MY LOVED ONE'S NATURAL HAIR COLOR: _____

MY LOVED ONE'S HAIR COLOR AT TIME OF DEATH: _____

MY LOVED ONE'S HEIGHT: _____ MY LOVED ONE'S WEIGHT: _____

MY LOVED ONE'S SHIRT SIZE: _____ MY LOVED ONE'S SHOE SIZE: _____

MY LOVED ONE'S CLOTHING STYLE: _____

MY LOVED ONE'S BODY ART INCLUDED: _____

MY LOVED ONE HAD A: _____

Example: Good heart, gentle soul, witty personality

MY LOVED ONE MADE A GOOD: _____

Example: Good lasagna, potato salad, scrapbook, quilt

MY LOVED ONE WAS A GOOD: _____

Example: Friend, gardener, knitter, painter, poem writer, helper, leader

PEOPLE WOULD SAY MY LOVED ONE WAS: _____

Example: Funny, kind, smart, gentle, generous, humble, creative

MY LOVED ONE'S TALENTS INCLUDED: _____

Example: Finding things, good memory, witty comments, applying makeup, keeping room tidy, etc.

MY LOVED ONE ENJOYED: _____

Example: Taking baths, drinking cocoa before bed, wearing cushy socks, lighting a fragrant candle, going to the beach, etc.

MY LOVED ONE'S FAVORITE BOOK OR BOOK GENRE: _____

Example: Harry Potter series, romance, science fiction, home decorating

MY LOVED ONE'S FAVORITE SCENT OR FRAGRANCE: _____

Example: Citrus, sugar cookies, seashore, Victoria Secret perfume, Hugo Boss cologne, fresh-cut grass

MY LOVED ONE'S FAVORITE SONG(S) OR BAND(S): _____

MY LOVED ONE'S FAVORITE HOBBIES: _____

Example: Beading, woodworking, magic tricks, bike riding, scrapbooking, rock collecting, fishing, etc.

MY LOVED ONE'S FAVORITE GAMES: _____

Example: Monopoly, Hide 'n Seek, Go Fish, Scrabble, Pokemon, video games, etc.

MY LOVED ONE'S FAVORITE STORES: _____

Example: Dollar Store, the mall, Victoria Secret, Cabelas, Wal-Mart, Target, Nordstroms

MY LOVED ONE'S FAVORITE VACATION SPOT OR TRIP: _____

