

Planning Your Own Goodbye Party— 10 First Steps to a Fun Funeral

1 Give Them Permission to Have Fun

Somberness rules the day when someone has died. If you'd rather people's tears be from laughter, **let them know that**. Write this down ahead of time so there is proof... kind of like their **permission slip** to act joyfully on your behalf, because in the moment it might feel disrespectful to them. **With your blessing**, they can embrace celebrating you without guilt, **knowing** it's what you wanted.

2 Designate a Head Honcho

Decide on a family member or friend that you trust to carry out your wishes as you've requested, and ask them to (more or less) be in charge. They don't have to **pay** for it... they just **see to it** you get what you want.

- Prevents disagreements, drama, and confusion

3 Find Your Inner DJ

Few things rival how much **music** reminds us of people and occasions. Having **your** music at your goodbye party enhances not just the goodbye celebration itself, but makes for deep, cherished memories of it. Music is the **easiest way** to set a tone, so this is your opportunity.

4 Everyone Loves a Special Request!

Brainstorm about something that matters to you. A **cause, a trip or experience** you had (or one you never got to have, for whatever reason) and request they plan an activity around that, one that they participate in together.

- After a loss, sharing an experience is immensely bonding and healing

5 Leave No Stone Untouched

Decide what you want and **be specific!** Buried or cremated, fancy casket or plain pine box; the more detailed instructions you leave, the easier it is for your family to carry out. And the more the funeral will reflect your values.

- More instructions = Less stress for your family = Easier to enjoy **celebrating** you!

6 Where There's a Will, There's a Way

Totally not sexy, but **honestly**— leaving your family without a will is like **leaving your dirty dishes in the sink**. It's a mess that causes headaches and costs money.

- Will in place = gratitude, relief, ease
- No will = possible cursing you out

7 Don't Shy Away from Death Talk

Knowing that **you** were open about and accepting of death, and having heard your thoughts about funerals (**in general** as well as your own), helps your survivors know you were good with the "Circle of Life," putting the kibosh on torment or regrets.

- Comfort with our own mortality provides great peace of mind for those around us

8 Steal Good Ideas

Feel free, if you see something at **someone else's funeral** that you really like, to incorporate that into your own plans. Likewise, if you see something that turns you off, or left you feeling empty — write down that you **don't want** that kind of thing at yours.

- The more ideas you have for your goodbye = the more fun you have **planning** it! **SURPRISING FACT: Having fun making your goodbye plans** leads to an acceptance of your mortality without even trying

9 Make It About You

If having your relatives sitting in folding chairs in a funeral parlor "honoring" you is not your thing, redirect them to your favorite park, beach, bar, ball-field, mall, or museum. If you shudder at being in an expensive steel casket, request a plywood job that they hand-decorate. Having **your** style, values, and unique personality is what will make it awesome.

- The more unique your sendoff = **best-ever memories**

10 SURPRISE! Leave 'em Notes

What's better than getting a personal note from someone you adored after they passed? **Be** that cool person. A favorite memory, a shared joke, a compliment, even an apology. Write a few or many— whoever gets one will be tickled, but hopefully not to death. Don't make them die just because you did.

- Surprises = Possible highlight of someone's life.

BONUS Don't forget the critters!

It's possible that you love your pet(s) more than some humans in your life. They deserve and will need some of the love going around. Ask people to lavish extra attention on your pet or indulge in their favorite games or outings.

I Want a
FUN FUNERAL®

putting a little life into your last wishes

Welcome

To the liberating realization that there is **nothing to fear** about your eventual parting.

If all has gone as intended, you felt a twinge of excitement while reading **Planning Your Own Goodbye Party—10 First Steps to a Fun Funeral**. You're getting the sense that:

- You can do whatever lights you up, not be beholden to what is expected
- Our last wishes have a new look these days—there are options!
- Taking some control over your final plans is empowering
- Your going away party can actually be fun!

Our discomfort in talking about death has made it become the enemy, rather than the perfectly normal occurrence it is. By replacing our **dread** with **genuine acceptance**, our fear turns to **gratitude** for the **gift of someone's life**, not the length of it. It is never easy to say goodbye, and tears are unavoidable, but honoring a life can, and should, be healing and joyful.

It's time to take it up a notch in how we say goodbye, and **go all out in honoring and thanking each other**. We're all going to get our turn one day, so let's start with ourselves. **Congratulations** on facing a difficult task and seeing it's not dreadful, and in fact can be delightful.

So Much More to Learn About

- How to shop for funeral services
- How to save \$\$
- Little-known FTC "Funeral Rule"
- Home funerals
- Green burials
- Wonderful new options for ashes

If this has inspired you or someone else to get your last wishes down on paper, and all decisions made, **that's what I'm here for**. There's lots of ways to get it done, from very private to in a lively crowd, and anything in between. So much valuable information to learn and even more fun to be had.

And a little heads-up here—it's a rare person who can actually pull this off

themselves, no matter how intent they are. It's just human nature to put it off.

I Want a Fun Funeral will:

- Provide everything you need
- Answer all your questions
- "Hold your hand" if you need it
- Make it easy, simple, and fun
- **(Very importantly)** Be the time and place to get it **done**, not just contemplated.

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I'd love to hear from you, all questions welcome!

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