If I could speak to my young self, this is what I would say

.....

.....

.....

.....

.....

.....

We all have regrets, this is mine

.....

.....

.....

.....

.....

.....

This is something no-one knows about me (a secret perhaps)

.....

.....

.....

.....

.....

.....

Palliative Care Services in SA
pallcare.asn.au

Advance Care Directives for SA
sa.gov.au

Care Search Palliative Care Information
caresearch.com.au

Tea Tree Gully Compassionate Community
cttg.sa.gov.au/compassion



The Hospital Research Foundation Group
Palliative Care

PalliativeCare
SOUTH AUSTRALIA

CITY OF
TEA TREE GULLY
Naturally Better



Emotional Will

CITY OF
TEA TREE GULLY
Naturally Better

An Emotional Will is not a legal document.

It is an exercise to record your reflections on a life well lived to inspire you to share your stories and have courageous conversations with your family and friends.

Take your time filling this in.

Grab a cuppa, mull it over and share it with others when you're ready.

You may wish to add more insights for your loved ones such as a letter or photos.

This Emotional Will was co-designed by Sunnybrook Cancer Support Group and the City of Tea Tree Gully as part of the 2022 Compassionate Communities Project.

Funded by The Hospital Research Foundation Group Palliative Care and Palliative Care SA.

This is what makes me happy

My greatest achievements

My favourite childhood memories

My favourite places to travel and why

This is when I showed great courage

These songs lift my spirits

This person inspires/d me

This is my favourite quote