

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

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We all have regrets, this is mine

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

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**Palliative Care Services in SA**  
[pallcare.asn.au](http://pallcare.asn.au)

**Advance Care Directives for SA**  
[sa.gov.au](http://sa.gov.au)

**Care Search Palliative Care Information**  
[caresearch.com.au](http://caresearch.com.au)

**Tea Tree Gully Compassionate Community**  
[cttg.sa.gov.au/compassion](http://cttg.sa.gov.au/compassion)





The Hospital Research  
Foundation Group

**Palliative Care**



**PalliativeCare**

SOUTH AUSTRALIA



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**TEA TREE GULLY**

*Naturally Better*



# Emotional Will



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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

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My greatest achievements

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My favourite childhood memories

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My favourite places to travel and why

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This is when I showed great courage

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These songs lift my spirits

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This person inspires/d me

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This is my favourite quote

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