

THE Love List

OF A LIFETIME



Journal

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Guided Reflections for a Life Well-Loved and Well-Lived

By Sherry Richert Belul

This journal is your companion on the journey of preparing both the practical and the deeply personal aspects of your end-of-life plan.

Each section offers thoughtful, heart-opening questions that invite you to reflect, remember, and discover new insights about yourself and the people you love.

As you write, you'll not only clarify your wishes—you'll also create a living record of your values, memories, and connections that will outlast the paper it's written on.

While the topics you'll explore here are rooted in the realities of life's impermanence, the spirit of this journal is one of joy, gratitude, and love.

Your reflections are not just for someday—they can bring meaning and lightness to your life right now.

May these pages be a place where you celebrate your story, honor your relationships, and leave a legacy that touches hearts for years to come.

Introduction

This Book is a Gift to Your Loved Ones—and to Yourself

Welcome. This section invites you to set the tone for your journey through the journal. You'll reflect on why you're here, what you hope to uncover, and how you'd like to approach the process.

These first pages invite you to pause, take a breath, and set your intention for the journey ahead—one that honors your life, your love, and the meaning you wish to carry forward.

May you enter this journey with curiosity, courage, and an open heart.

Imagine your loved ones in the days and weeks after you die. What would you most want them to feel, know, or experience in that time?

Think of a time you faced something that scared or overwhelmed you but found lightness or growth on the other side. How might that experience guide you here?

Beyond reducing stress for others, what do you hope you might gain—emotionally, spiritually, or practically—from completing this process?



These Actions Are Your Legacy of Love

Making legal and logistical plans may seem like just a lot of paperwork, but here they become acts of devotion. Every signature, every conversation, every decision is a way of wrapping your loved ones in care when you can no longer be there in person.

May your plans be a warm quilt of clarity and comfort for the people you love most.

Think about a time you took on something hard or uncomfortable for the sake of someone you love. What did that teach you about your capacity for care?

Which of the legal documents mentioned in this chapter feels most important to you right now—and why?

How do you want conversations about your wishes to feel for your loved ones— serious and formal, warm and heart-centered, light and playful, or something else?



Care and Comforts During Illness

When illness enters, it is love and presence that matter most. This section invites you to imagine what would bring you ease and connection, and to name the comforts you would want most—both for yourself and for those by your side.

*May you always feel held in warmth, care, and
tenderness—no matter the season of your life.*

If you were to create a “Care and Comforts Go Bag” for your future self, what would you include and why?

What three words would you choose to guide who you want to be during a period of illness or decline? Why those words?

How would you want your final months or weeks to feel—not just for you, but for the people you love?



When I'm Gone: First Things First

These are the choices that meet your loved ones in the rawness of those first days after your death. They are as much about comfort and meaning as they are about logistics—and they are a final way to speak your heart.

May the decisions you make here be a balm for the grief of those you love.

When you picture your loved ones in the first days after you die, what do you most hope they will feel, remember, or know about you?

How do your spiritual or personal beliefs about what happens after death influence the decisions you want to make for your body and your memorial?

Who are the first people you would want notified after your passing, and why are they important to you?



Matters of Money, Household, and Your Family's Future

Behind every bill paid, every password shared, every note about the house is the quiet wish that your loved ones will be spared confusion or hardship. This section is where care takes a practical, grounded form.

May the order you create now be a calm harbor for those who navigate life without you.

When you imagine a loved one having to step into your role and run your household tomorrow, what do you most want them to find—physically and emotionally—in the way you've left things?

How do you feel about the idea of someone else having access to your digital life—your photos, accounts, and communications—after you're gone? What would you want them to know before looking?

How might organizing these details now be a gift to your current self as much as it is to your loved ones?



The Art of Decluttering and Memory Keeping Before You're Gone

The things we keep tell a story. Here you decide what story will remain when you're gone—and how to make that story one of love, clarity, and joy.

May what you leave behind carry your essence, and may it bring more smiles than sorrow.

When you picture your loved ones sorting through your belongings after you die, what do you most want that experience to feel like for them?

How do you currently decide what to keep and what to let go of? How might you bring more joy, gratitude, or mindfulness into that process?

Imagine creating your own “treasure chest” of items for future generations. What would you absolutely want inside it, and why?



*Life Lessons and
Wisdom I'd Like
to Pass On to
My Loved Ones*

The wisdom you've gathered through living is one of the greatest treasures you can leave behind. This is the place to capture it in whatever form feels most like you.

*May your stories be seeds that take root in hearts
you love, as well as those you will never meet.*

Think about a moment in your life that taught you a lesson you still carry today. How would you tell that story so it inspires or comforts someone else?

What are three small but meaningful story details—traditions, sayings, or memories—that feel essential to include in your legacy?

How might telling your stories now bring more meaning, connection, or gratitude into your life in the present moment?



True Legacy: Last Love List

A LOVE LIST is more than words—it's a living bouquet of gratitude, joy, and appreciation. These lists become treasures that carry your voice and your heart long after you're gone.

May your words be the hug that lasts a lifetime and beyond.

When you think about the love you've given and received in your life, what moments or gestures stand out most vividly?

Who are three people you would most like to leave a LOVE LIST for, and why do they feel like priorities for you?

What do you hope people will remember most about your heart, spirit, and way of loving after you're gone?



There's Still Time

This section is your reminder that no matter your age or circumstances, there is still time to live meaningfully, to love more openly, and to create moments that will ripple long after you're gone. You are still here, which means you can choose joy, deepen your connections, care for your health, and embrace new adventures. The more intentionally you live today, the more loving and inspiring your legacy will become.

May you feel the richness of every breath, knowing you have the power to make this moment count. May your choices from here forward be guided by joy, purpose, and love—infusing your life with beauty that touches everyone around you.

Are there any regrets or unfinished business you'd like to release or resolve before the end of your life? What's one step you could take toward that today?

What is one meaningful new experience, skill, or adventure you still want to pursue, and how will you start making it happen?

In what ways can you bring more health, vitality, and energy into your daily life starting this week?

Conclusion

This is the place to pause, breathe, and honor the work you've done here. You've not only created a plan— you've lived more deeply into your own heart.

May the love you've written here ripple outward for years to come, touching lives you'll never see.

After reading Lisa's story, what does "living fully until the end" mean to you personally?

Reflecting on the journey of this book, what is one action you've taken (or will take) that feels most like a "ripple of love"?

How will you celebrate yourself for having engaged in this process of preparing your life and your legacy with such heart?

Thank you for being on this loving and powerful journey with me.
Celebrate yourself for living intentionally and leaving a legacy of love.



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