



Living Well Before the Crisis

Simple Conversation Starters

You don't need to answer every question. You don't need to rush. Use these questions on your own or with someone you trust. They are here to help you slow down and notice what matters — before life gets hard.

Life Right Now

- What brings you joy these days?
- When do you feel most at peace?
- What feels heavy right now?

Relationships That Matter

- Who do you feel closest to?
- Who do you laugh with?
- Is there someone you want to spend more time with?

Things Left Unsaid

- Is there something you've been meaning to say?
- Is there a thank-you you haven't shared yet?
- Is there a hard conversation you've been putting off?

Responsibility

- Do you feel like “the responsible one”?
- What are you carrying right now?
- Who supports you?

Living Well

- What would make life feel a little lighter today?
- What are you saving for “later” that matters now?

One Small Step

- One conversation I could start is _____
- One person I could reach out to is _____
- One thing I could let go of is _____

Living well is about connection, honesty, and presence — long before anything becomes urgent.

Inspired by the Executor Help Podcast — conversations about life, death, and legacy.