

# *My Plan*

*For Finishing Well*

A Concise and Comprehensive Plan  
for Vital and Responsible Aging.

*Jim Carlson*



## Introduction

Turning either 50 or 60 may trigger a wake-up call. It's natural to begin to think about the many new issues that need to be addressed in the coming years. I know I did. So I began to read a number of books about the many facets of successful aging, and they were very helpful, encouraging and instructive. However, it was all "out there"—in the books. Only when I finally composed a written plan for my own life did these wonderful ideas begin to transform my life.

I resolved to finish well in body, mind and spirit—living each day with vitality. I also wanted to have all my personal documents and affairs in good order for my loved ones. Committing myself to this plan has become a powerful incentive and guide for me. Now I have slightly redesigned it to become a helpful resource for others in the third phase of their lives.

My hope is that this comprehensive plan will help you organize your thoughts and intentions; give your life more focus; clarify your goals; sharpen your values and help you get important things finished. When you say, "Yes, I will be this person, and I will get these important things done," you transform your general wishes and desires into changed behavior and completed tasks.

To personalize this plan, you will need about one hour to read through it and make your choices as to which of these objectives and action steps you want to commit yourself to **be** and to **do**.

It may also take another hour to fill in the dates for when you plan to accomplish each task. Of course, it then will take the rest of your life to live out the plan—day by day. The completed plan will be a helpful "coach" that will remind you to be as fully alive as possible each day and also to be thoughtfully responsible to your loved ones.

Ultimately, the power to **be** the person you want to be and **do** what you desire to do comes from your own combination of self-respect, self-discipline and, if you are a person of faith, reliance on God. However, the act of committing your thoughts, intentions and plans to a written form is a powerful step. There is a definite strengthening of our wills when we commit something to paper. These good ideas of how to live are no longer just "out there" but they are now "in here." They are now "*my* ideas, *my* intentions and *my* plans."

So go for it! Commit your mind to the task, commit your heart to the changes and commit your hands to the work.

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Mr. Carlson died in 2023. Evidently, there was no provision made to continue New Life Press, Full Life Press or the [www.myplanforfinishingwell.com](http://www.myplanforfinishingwell.com) website because they no longer seem to exist. We have also attempted, unsuccessfully, to make contact with his children. It is in this context that we copy some of these pages for church use.

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## My Plan for Finishing Well

Name \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**My purpose** in life is: \_\_\_\_\_

(You could use or alter this one: *My purpose in life is to love and serve God and/or others, plus all of creation, with my whole heart, my mind, and my deeds.*)

**My mission** in these latter years is: \_\_\_\_\_

(You could use or alter this one: *My mission in these latter years is to joyfully appreciate each moment of life and to embrace challenges as further opportunities for character growth, relationship-enrichment, and enhancement of my service to others.*)

To fulfill this Purpose and to accomplish my Mission, I will fully engage my mind, body, and spirit in achieving the following Objectives and Action Steps:

**Objective One:** *I will do all I can to be **fully alive** and finish my life well.*

**Possible Action Steps:** (To personalize this plan you will need to choose the Action Steps that will make it your own plan. It's **your** life and **your** Plan.)

- ☐ I will choose to have conversations each week with new and old friends; I will ask good questions and listen carefully to their answers and ideas.
- ☐ I will seek out ways in which I can provide love, care, companionship, and fun for others who have a special need at this time of their life.
- ☐ I will continue to travel to places of interest whenever I am able or at least watch documentaries about places and people around the world.
- ☐ I will laugh a lot with my friends and watch an old movie once a month, just for fun.
- ☐ I will read at least one book each year on the topic of successful aging.

- ☐ I will seek out ways in which I can be of service in my community, country, and world.
- ☐ I will refrain from being stubbornly unreceptive to new ideas. Instead, I will become (or remain) interested in all ideas and points of view expressed in personal conversations, books, and other media, continuing to humbly examine and perhaps even to reshape some of my views.
- ☐ With the resources and energy I have, I will remain active by serving others, taking walks, traveling, reading, writing, swimming, gardening, fishing, singing, attending concerts, and playing games with children or other seniors.
- ☐ I will find new ways to enjoy life, seizing every opportunity to be an interesting and inquisitive person. I accept the truth that I owe the world the best of myself.
- ☐ I will \_\_\_\_\_  
\_\_\_\_\_

**Objective Two:** *I will do all I can to **provide an orderly transfer** or transition of my property, possessions, records, responsibilities, and authority to responsible persons.*

**Possible Action Steps:**

- ☐ I will have a will completed or updated by \_\_\_\_/\_\_\_\_/\_\_\_\_.
- ☐ I will establish a living trust or have it updated by \_\_\_\_/\_\_\_\_/\_\_\_\_.
- ☐ I will select and endow a responsible person with durable power of attorney and have it signed and witnessed by two people by \_\_\_\_/\_\_\_\_/\_\_\_\_.
- ☐ I will select and endow a responsible person with durable power of attorney for health care (Patient Advocate) and have it signed and witnessed by two people by \_\_\_\_/\_\_\_\_/\_\_\_\_.
- ☐ I will carefully consider if I should create a “Do-Not Resuscitate” (DNR) document or not. If I do, I will have it signed by me, my doctor and two witnesses by \_\_\_\_/\_\_\_\_/\_\_\_\_. (Each state may have slightly different forms. Free forms are available on the Web for most states. Also check out the information on the website: [www.putitinwriting.org](http://www.putitinwriting.org))

- ☐ I will compose a detailed Information Document to leave a paper trail of helpful information for my spouse or other loved ones who will need to bring closure to my affairs. This document will have a page of detailed information on each of the following matters:
1. A detailed list of assets, bank accounts, the location of deeds, etc.
  2. A detailed list of all liabilities, credit cards, and financial commitments
  3. Listing of other important documents and papers, such as insurance policies and IRAs
  4. Names, addresses, phone numbers, and email addresses of my current financial and estate professionals such as an accountant, insurance agents, financial planner, lawyer for the will, etc.
  5. An annual cash flow worksheet showing income sources and expenditures
  6. Balance sheet
  7. Location of my will, trust document, insurance policies, safety boxes, keys, IRAs, the last seven years of tax returns, contracts, etc., along with a list of all passwords
  8. End-of-life preferences
  9. Instructions for managing personal or income property plus any other funds such as stocks, bonds, life insurance, or savings account.

(Another method of recording the information is to purchase and fill out the "If You Died Guide" that is available at [www.ifyoudiedguide.com](http://www.ifyoudiedguide.com). This is an extensive guide for recording every conceivable piece of information for your heirs.)

- ☐ I will make a list by \_\_\_/\_\_\_/\_\_\_\_\_ of everything that is not in the will, about which I have a preference regarding its future disposition. I will place this list with my will.
- ☐ I will give this information document to my spouse and/or to the person who possesses durable power of attorney. In addition, I will place a copy of it with my will.
- ☐ I will review and update these documents each year as conditions change.
- ☐ I will \_\_\_\_\_
-

**Objective Three:** *In each stage of my advancing years, I will choose to **fully** accept my losses and make necessary adjustments.*

**Possible Action Steps:**

- ☐ I will use the strong and effective resources of honesty, courage, resolution, and faith to cope with my losses and adjustments instead of becoming depressed or resistive to change.
- ☐ I will grieve the loss of each friend who dies before me and use the energy of that grief by seeking out one new friend, seeking ways to reach out in person, through phone calls, emails, regular mail, or social media.
- ☐ I will honestly assess the impact and seriousness of each physical change in the functioning of my body, making necessary adjustments to my activities to avoid risk. I will accept such changes as invitations to adapt to new activities, new equipment, new exercises, hearing aids and new caregivers.
- ☐ I will honestly assess my need to move from my current living quarters to some other accommodation that is better suited to my physical and mental needs. I will do all the research I can, while I can, to evaluate the various alternatives, so I am prepared and ready to make this move when the time arrives. I will carefully listen to my family and other caregivers when they believe the time for a change is approaching.
- ☐ I will begin and complete my work of sorting through and disbursing my old photos, memorabilia, files, tools, equipment, clothing, and other possessions. My goal is to have this sorting done by \_\_\_\_/\_\_\_\_/\_\_\_\_\_. My next goal is to have the discarding and major distribution completed by \_\_\_\_/\_\_\_\_/\_\_\_\_\_.
- ☐ I will stop driving my car when it is no longer safe or wise for me to continue to drive. I will be open to the words of advice from my loved ones.
- ☐ I will focus on what I still have rather than on what I have lost.
- ☐ I will accept the truth that my children simply cannot understand what I am going through in these days of loss and adjustments.
- ☐ I will accept the aloneness that may come at this stage of life and transform it into quiet solitude where I recall the wonders of the life that is now behind me, consider opportunities in the present to

care for others in need, and enjoy the gift of reflection that makes the present a contented place to be. (See, *The Gift of Years* by Joan Chittister)

☐ I will \_\_\_\_\_  
\_\_\_\_\_

**Objective Four:** *I will do all I can each week to **remain healthy** and physically fit.*

**Possible Actions Steps:**

- ☐ Beginning on \_\_\_/\_\_\_/\_\_\_ I will exercise vigorously for (circle one) 15, 30, 45 or 60 minutes for \_\_\_ or more days each week.
- ☐ Beginning on \_\_\_/\_\_\_/\_\_\_ I will walk as briskly as I am able each day for at least 30 minutes.
- ☐ Beginning on \_\_\_/\_\_\_/\_\_\_ I will have an annual physical checkup and then faithfully take all the medicines and make all the adjustments that my doctor prescribes or recommends.
- ☐ Beginning on \_\_\_/\_\_\_/\_\_\_ I will begin a diet to enable me to reduce my current weight of \_\_\_\_\_ pounds to \_\_\_\_\_ pounds by \_\_\_/\_\_\_/\_\_\_\_.
- ☐ I will carefully consider the benefits of obtaining a long term health care plan.
- ☐ Beginning on \_\_\_/\_\_\_/\_\_\_, I will \_\_\_\_\_  
\_\_\_\_\_

**Objective Five:** *I will do all I can to become and remain **emotionally** and **spiritually** at peace and whole.*

**Possible Action Steps:**

- ☐ I will honestly search my heart to discover if there are old "hurts" that are still festering because I have not forgiven the one(s) who hurt me. Today, \_\_\_/\_\_\_/\_\_\_, I finally and deeply forgive \_\_\_\_\_ and \_\_\_\_\_ (whether or not they still are alive or have died long ago).
- ☐ I will honestly search my heart to discover if I need to forgive myself for being less than what I wanted to be. Then I will deeply forgive myself (date: \_\_\_/\_\_\_/\_\_\_).



- ☐ After forgiving, I will choose to forget all memories of hurts from others or failures of my own.
- ☐ With an open mind and heart, I will read from a book of inspiration at least \_\_\_\_ days per week and for \_\_\_\_ minutes on each of these days.
- ☐ I will spend at least \_\_\_\_ minutes each day in meditation and prayer.
- ☐ I will seek to gather regularly for honest fellowship, sharing, and mutual support with some group of fellow senior citizens who are equally committed to growth.
- ☐ I will cultivate relationships with younger friends and family members.
- ☐ I will read at least one book each year that challenges me and instructs me in my spiritual life.
- ☐ I will \_\_\_\_\_

**Objective Six:** *In all my relationships I will endeavor to reflect a good character (or the character of Jesus Christ, if you are a follower of him) through my attitudes and actions.*

**Possible Actions Steps:**

- ☐ In each day, in each situation, with my spouse and all others, I will choose to be loving, kind, patient, forgiving, faithful, just, and merciful. (Benjamin Franklin said, "Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment.")
- ☐ During each day, in each communication, I will endeavor to use "I messages" instead of "you messages" to express my feelings or desires.
- ☐ During each conversation, I will listen carefully, respond thoughtfully, and endeavor to communicate an attitude of appreciation, cooperation, hope, and light-heartedness.
- ☐ In each of my personal encounters, I will refrain from purposely threatening, demeaning, grumbling, backbiting, or being unkind in my words (or in my attitudes and body language). I will stop excusing whatever unkind words I use by thinking or saying,

“that’s just my personality” or “it’s only because I’m old/sick/tired.”

- ☐ I will avoid the temptation to let my guard down as I grow older, as if I’m entitled to be less than my best self.
- ☐ Whenever I feel unrighteous anger I will choose to let go of whatever is causing my anger - to be at rest.
- ☐ I will always remember that each life, at every age (including my own), consists of mistakes and learning, waiting and growing, practicing patience and being persistent.
- ☐ I will refrain from meddling in the affairs of my adult children. I will proffer wise counsel only when requested.
- ☐ Whenever I need assistance from anyone I will always have an attitude of thankfulness, patience, appreciation, kindness; I will try to avoid self-deprecating comments.

I will: \_\_\_\_\_  
\_\_\_\_\_

**Objective Seven:** *I will bear pain and suffering courageously (without self-pity or resentment) both now and in the future.*

**Possible Action Steps:**

- ☐ I will not be too proud or negligent to try to avoid injury by holding onto banisters, avoiding ice underfoot, using a cane or walker when needed, and doing whatever else is wise to do.
- ☐ I will not avoid using pain medication that is “addictive” when it is prescribed by a Physician.
- ☐ When I experience pain, I will not turn to denial, or blame others, or compare my experience to others, or feel sorry for myself and sink into depression. Instead, I will acknowledge and accept whatever pain comes and fully bear the suffering of my body with courage and resolve. (See “Suffering”, a chapter in Old Age, by Helen Luke.)
- ☐ I will \_\_\_\_\_  
\_\_\_\_\_

**Objective Eight:** *I will compose a memoir, so as to leave a helpful record of my life including my birth, my family of origin, the places I have lived, my education, my places of employment, my spiritual journey, my marriage(s), my family, my hobbies, my travels, my joys, my successes and failures, my health issues through the years, and hopes for the future.*

**Possible Action Steps:**

- ☐ I will begin to write or record this on \_\_\_\_/\_\_\_\_/\_\_\_\_ and finish it by \_\_\_\_/\_\_\_\_/\_\_\_\_.
- ☐ I will use alternative means of recording this information, as fits with my abilities and availability of resources. (For example, instead of writing or audio-recording, I will ask someone to video tape an interview with me.)
- ☐ I will make one copy available for each of my children and grandchildren.
- ☐ I will endeavor to organize my photos, old movies, family trees and/or health histories by \_\_\_\_/\_\_\_\_/\_\_\_\_.
- ☐ I will \_\_\_\_\_  
\_\_\_\_\_

**Objective Nine:** *I will continue to do all I can to leave a **positive personal legacy** which, I acknowledge, is of even more value than a financial legacy.*

**Possible Action Steps:**

- ☐ From this day forward, I will endeavor to refrain from making comments that are derogatory, racist, sexist, judgmental, or demeaning to anyone, but especially to those within my family.
- ☐ From this day forward, I will endeavor not to allow myself to be unkind, arrogant, selfish, self-centered, boastful or belligerent.
- ☐ In each conversation and circumstance, starting from today and each following day that I am still privileged to be alive on this earth, I will take full responsibility for my effort to treat my family, friends, strangers, and my physical world with love, respect, understanding, care, and honor.
- ☐ I will do all I can to be an inspiration and an example of how to stay fully alive throughout all the challenges of the aging process.

- ☐ I will do all I can to make thoughtful preparations and arrangements for the ongoing care of dependents who are left behind after my death, so that they can enjoy a stable and good life.
- ☐ I will research various hospice agencies and make my preferences known to my family members regarding hospice care.
- ☐ I will allow my family to provide service to me - which can help complete our relationship and prepare them for the future grieving process.
- ☐ As I age, I will prepare a list of email addresses of friends and business associates who would appreciate notification of my death and memorial/funeral service information.
- ☐ I will endeavor to bring a good closure with family members and frequently include the four statements that Ira Byock recommends: I love you. Thank you. Forgive me. I forgive you.
- ☐ When the time comes when there is no possibility for a medical cure of my condition, I will then be willing and grateful to have the medical profession change my treatment from procedures of cure to those of comfort care.
- ☐ I will \_\_\_\_\_  
\_\_\_\_\_

**Objective Ten:** *I will make my preferences known to my loved ones regarding my funeral and burial.*

**Possible Action Steps:**

- ☐ I will provide this information by \_\_\_\_/\_\_\_\_/\_\_\_\_.
- ☐ I will prepare a list of my choices of songs and readings to be used at my funeral or memorial service.
- ☐ I will prepare a list of people I would especially like to have invited to give a memorial reflection at my funeral or memorial service.
- ☐ I will tell my loved ones my preferences regarding either embalming or cremation.
- ☐ I will tell my loved ones my preferences regarding the place of my burial or the disposal of my ashes.

- ☐ I will consider acquiring the document entitled, "Important Final Information" to record priceless information for my loved ones.  
(This document can be found on the website:

My Plan for Finishing Well. com)

- ☐ I will continue do all I can to remain fully engaged in life and to maintain a good attitude throughout my final days on this earth.
- ☐ I will \_\_\_\_\_  
\_\_\_\_\_

**Objective Eleven:** *I will place this Plan for Finishing Well in my tickler file, and once a month I will do my best to **read and review** what I have committed myself both to be and to do.*

**Possible Action Steps:**

- ☐ I will evaluate my progress in the fulfillment of each Objective and the completion of each Action Step on the first of each month because as I age I tend to forget what I was planning to do.
- ☐ I will continue to make whatever changes are necessary to my plan in keeping with new conditions that have appeared to alter my life.
- ☐ If I have found this Plan has been useful in my own experience, I will encourage my friends to acquire their own copy or I will purchase copies for my siblings and friends on the website:  
**myplanforfinishingwell.com.**
- ☐ If I "liked" this Plan I will post that information on Facebook to help encourage others to also use this Plan.
- ☐ I will explore the opportunity of becoming a "Presenter" of this plan in my community as outlined on myplanforfinishingwell.com.



**Other Objectives and Action Steps:** \_\_\_\_\_

## Ars Moriendi - Principles for Living in the Light of Dying

Recognize our mortality,

Make sure God has the center place in our lives,

Gain wisdom about life and death and where we fit in the process,

Resting in God's love and plan for us,

The importance of being tuned into what God is doing in us,

Tuned into "already but not yet" ideas.

God has complete control of life & death. Trust and confidence should be our response.

Have a growing understanding of eternal life.

See the opportunities to be a faithful witness

Focus on what God is doing

Making sure Hope has active space in your life. Know ways to stimulate and nurture Hope.

Gain a desire to meet Jesus

Be willing to forgive people who have hurt you

Know how to pray for strength from God

Always be growing in love and discernment

Be ready for whatever God brings to your life

Always be contributing to the spread of the Gospel

Put yourself in a position to be renewed daily through scripture and fellowship

Accept the limitation of our declining bodies

Abide in Christ no matter the circumstances

### **List of Scriptures – On Aging, Death, and Dying**

*Genesis 1-3	*Isaiah 38
Genesis 25:8	Isaiah 57:2
Leviticus 19:32	Matt. 27:41-55
Deuteronomy 32:7	Luke 2:29-32
1 Samuel 2:6	Luke 12:22-32
1 Chronicles 29:28	*John 5:16-30
Job 14:10-12	*John 11:1-44
Job 12:12	John 12:32-33
Psalms 16	John 17:19
Psalms 23:4	Acts 20:24
Psalms 39:4-5	Romans 3:23
Psalms 71:9 & 18	*Romans 5:6-6:14
Psalms 73:26	Romans 8
Psalms 88:46-49	*1 Corinthians 15:3-57
Psalms 89:48	*2 Corinthians 4:16-5:10
*Psalm 90	*Philippians 1
Psalm 92:14	Philippians 3:20-21
Proverbs 15:11	*1 Thessalonians. 4:13-18
Proverbs 23:22	1 Timothy 5:1-2
Ecclesiastes 3:19-20	2 Timothy. 1:8-10
Ecclesiastes 7:1-18	*2 Timothy 4:6-18
Ecclesiastes 12:1-8	Hebrews 2:10-15
Isaiah 25:1-9	Revelation 14:13
Isaiah 35	*Revelation 21:1-7
*Core passages on death and dying	

## **Bibliography**

### **General Books on death and dying**

Ernest Becker, The Denial of Death

L.S. Dugdale, MD, The Lost Art of Dying, Reviving Forgotten Wisdom

Atul Gawande MD., Being Mortal

Elisabeth Kubler- Ross MD, On Death and Dying

Sherwin Nuland, The Art of Aging

Tim Prosch, The Other Talk: A Guide to Talking with Your Adult Children about the Rest of Your life

### **Christian Books on aging, death and dying**

Joseph Bayly, The View from the Hearse

J. Todd Billings, The End of the Christian Life, How Embracing Our Mortality Frees Us to Truly Live

J. Todd Billings, Rejoicing in Lament, Wrestling with Incurable Cancer and Life in Christ

Joan Chittister, The Gift of Years

John Dunlop, MD, Finishing Well to the Glory of God

Billy Graham, Nearing Home, Life, Faith and Finishing Well

Rueben Job, Dying, Living Fully Dying Well

Tim Keller, On Death

Rob Moll, The Art of Dying, Living Fully Into the Life to Come

Henri Nouwen, Our Greatest Gift A Meditation on Dying and Caring

Michelle O'Rourke, Befriending Death, Henri Nouwen and a Spirituality of Dying

J.I. Packer, Finishing Our Course with Joy

Jane Marie Triboult and Richard L. Morgan, Pilgrimage into the Last Third of Life

Elizabeth Reynolds Turnage, Preparing for Glory, Biblical Answers to 40 Questions on Living and Dying in Hope in Heaven

Guy Prentiss Waters, Facing the Last Enemy

NT Wright, Surprised by Hope, Rethinking Heaven, the Resurrection and the Mission of the Church

### **Books that are tools for funeral preparations**

Andy Langford, Christian Funerals

Thomas Long, Accompany Them with Singing, The Christian Funeral

D. Allen Polen, Jr., The Funeral Arrangement Choice Guide, Helping You Cope with a Loved One's Death

### **Books on Specific issues connected with death and dying**

Kent Bureson and Beth Hoeltke, Lay Me in God's Good Earth, A Christian Approach to Death and Burial

Paul Chamberlain, Final Wishes. A Cautionary Tale on Death, Dignity and Assisted Suicide

Joni Eareckson Tada, When is it Right to Die

### **Other books**

Maggie Callanan and Patricia Kelly, Final Gifts, Understanding the Special Awareness, Needs, and Communications of the Dying

Fred Craddock, Dale Goldsmith, and Joy V. Goldsmith, Speaking of Dying, Recovering the Church's Voice in the Face of Death

Allen Verhey, The Christian Art of Dying, Learning from Jesus



### **Quotes on aging, death, and dying**

**Richard Baxter:** I preached as never sure to preach again, and as a dying man to dying men.

**Charles Spurgeon:** For the Christian, death is not a tragedy but a glorious promotion – not the sad end, but the glorious beginning. Death is no punishment to the believer; it is the gate of endless joy. To be prepared to die is to be prepared to live.

**George MacDonald:** How strange this fear of death is! We are never frightened at a sunset.

**Martyn Lloyd Jones:** It is grace at the beginning, and grace at the end. So that when you and I come to lie upon our death beds, the one thing that should comfort and help and strengthen us there is the thing that helped us in the beginning. Not what we have been, not what we have done, but the Grace of God in Jesus Christ our Lord. The Christian life starts with grace, it must continue with grace, it ends with grace. Grace wondrous grace. By the grace of God, I am what I am. Yet not I, but the Grace of God which was with me.

**Dwight L. Moody:** Some day you will read in the papers that D.L. Moody of East Northfield, is dead. Don't you believe a word of it! At that moment I shall be more alive than I am now; I shall have gone up higher, that is all, out of this old clay tenement into a house that is immortal- a body that death cannot touch, that sin cannot taint; a body fashioned like unto His glorious body.

**Augustine:** We want to reach the kingdom of God, but we don't want to travel by way of death. And yet there stands Necessity saying: 'This way, please.' Do not hesitate, man, to go this way, when this is the way that God came to you.

**C.S. Lewis:** It is hard to have patience with people who say "There is no death" or "Death doesn't matter." There is death. And whatever matters. And whatever happens has consequences, and it and they are irrevocable and irreversible. You might as well say that birth doesn't matter.

**Martin Luther:** Every man must do two things alone; he must do his own believing and his own dying.

**Thomas Watson:** Death is the last and best physician, which cures all diseases and sins - the aching head and the unbelieving heart. Sin was the midwife which brought death into the world; and death shall be the grave to bury sin! O the privilege of a believer!

**John Piper:** There are no U-Hauls behind hearses.

**Alex Motyer:** The world's ambition is 'stay young'; the Bibles, to grow old fruitfully."

***We all want to remain vital in the third phase of our lives. This remarkable planning document will provide you with good ideas, strong challenges and "get serious" target dates. Use it to create a more meaningful life for yourself. Complete it as a valued gift for your family. They will appreciate your good and helpful work.***

**This plan will help you:**

- Remain vital and fully engaged in a meaningful life.
- Finalize all your financial and legal documents.
- Make decisions about your accumulated possessions.
- Successfully adjust to whatever losses you experience
- Prepare records of vital information for your family.
- Sustain a positive legacy and good relationships.
- Provide clear end-of-life wishes and instructions.

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"Jim Carlson provides a thoughtful and practical guide for living life fully through our senior years. Completing and practicing "My Plan for Finishing Well" will benefit both those who utilize this helpful tool and their family members."

**Linda J. Solie, Ph.D. Licensed Psychologist, Author of: *Take Charge of Your Emotions: Seven Steps to Overcoming Depression, Anxiety, and Anger***

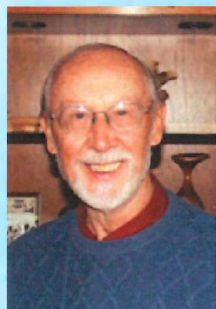
"I am already enjoying the benefits of this remarkable, flexible and powerful plan. It gives me what I need to know to exert some control over my future. It offers excellent, practical information and also provides sage advice to make that future the best it can be.

Not only have I begun to follow this plan but I have recommended it to several friends who have also found it very helpful. I delight in hearing of their progress and it serves as a further encouragement to me."

**Vi Kokmeyer**

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Jim Carlson is an entrepreneur who was the founder of the group of 72 Logos Bookstores. He also was the founder and President of Spring Arbor Distributors, which became the world's largest distributor of faith based books and employed over 600 people. Jim also composed a 95-page manual called "Planning for Success for Bookstores" and is the author of, "Choosing to be Fully Alive" (1989, Tyndale Publishers).



Jim recently celebrated his 80 birthday. He has been married to his wife, Priscilla, for 52 years. They have two married sons and one married daughter and 7 grandchildren.



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