Will & Power of Attorney (POA)

☐ I have completed my Will & POA and listed:
  - Durable Power of Attorney for Financial, Digital, and Medical, and back-up person(s)
  - Custody of child(ren) and a back-up person (and pets)
  - Distribution of assets and personal items

☐ The will is signed, notarized, and a copy has been given to those listed.

My copy of my will is located here: ________________________________

Living Will

☐ I have completed my Living Will (also called an Advance Care Directive):
  - Named a healthcare advocate and a back-up person
  - Additional information and notice to your doctor
  - Discussed your wishes friends and family (wants and don’t want)
  - Discussed or written down the type of funeral or memorial service you desire and any instructions about burial or cremation
  - Considered where and how I would like to be cared for if I were terminally ill and discussed this with those closest to me

☐ The living will is signed, notarized, and a copy has been given to those listed.

My copy of my living will is located here: ________________________________

Insurance

☐ I have researched Life Insurance options and purchased the best possible plan for me and/or my family.
☐ I have researched Short term Disability and completed all steps.
☐ I have researched Long term Disability and completed all steps.

A copy of my policy is located here: ________________________________
The Get Your Shit Together Checklist

Money

☐ I have reviewed my financial situation and, if necessary, discussed this with those closest to me.
☐ I have completed a budget and track monthly actual costs to my budget.
☐ I have _______ weeks/months of expenses saved in case of emergency.
☐ I have a plan to meet my goal _______ by this date _________.
☐ I have a long-term savings plan and/or retirement plan.

Details

☐ I have listed my Personal Details out in case of emergency or someone else needs to retrieve it (passwords, contact information, accounts, etc.):

A copy of my details list is located here: ______________________________

Personal

☐ I have thought about my relationships and how I want to move forward to resolve any unfinished business.
☐ I have reached out to those people.
☐ I have deeply considered how my life lines up with my values and priorities, how I am spending my energy, and what I want to do differently to have the life that is meaningful and important to me.

Getting Started

What worries me most: _________________________________________________

Been on my list longest: _______________________________________________
<table>
<thead>
<tr>
<th>The Get Your Shit Together Checklist</th>
</tr>
</thead>
<tbody>
<tr>
<td>So relieved once it is done: ________________________________</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>I will do __________________________ by ______________________</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>I will ask _________________________ to help and/or keep me accountable.</td>
</tr>
</tbody>
</table>

Excerpt from What Matters Most  | © 2019 Chanel Reynolds  | www.chanelreynolds.com
What Matters Most

About the Book & Get Your Shit Together

Authoritative yet personal, grounded but irreverent, Chanel’s work has motivated millions of people worldwide to prepare for life’s major curveballs and offers the candid, approachable, profoundly practical guide we all need. When her website launched in 2013, Chanel captured global media attention and the popularity of Get Your Shit Together led to her debut book *What Matters Most: The Get Your Shit Together Guide to Wills, Money, Insurance, and Life’s “What-ifs”* (Harper Wave, March 19, 2019) which draws on her intimate personal experience, expert advice, and unparalleled resources.

*What Matters Most* blends intimate narrative with hard-earned advice and Chanel acts as your personal guide and expands and provides no-nonsense and no B.S. practical advice on:
- Creating legal documents like a will and living will
- Updating (or finally getting) a life insurance policy
- Keeping track of online accounts and passwords
- Starting or growing an emergency fund
- Keeping secure, up-to-date accounts and passwords
- How to help and what to do after life goes sideways

“Sometimes, we just need to meet the person in personal finance. Maybe, just maybe, hearing the story of someone who has been there, in the worst possible way, can finally push us all into action.”

*Your Money: A Shocking Death, a Financial Lesson and Help for Others*

“Chanel Reynolds took her own unthinkable tragedy and turned it into a rallying cry - the time for keeping your head in the sand is over.”
- Caitlin Doughty, bestselling author of Smoke Gets in Your Eyes
“These preparations are not only pragmatic acts, but sacred gifts to our future selves and to those we love who will survive us. What Matters Most is a reassuring, step-by-step guide to a better future in the midst of grief and loss.”

– Katy Butler, author of Knocking on Heaven’s Door and The Art of Dying Well

“Grief is a monster better confronted without a legal, financial and logistical mess left behind; Chanel’s wisdom is a gift to all future dead people wanting to lift some of the burden of loss off their surviving loved ones. What Matters Most offers you the chance to consider, and find, those critical answers.”

– Rebecca Soffer, coauthor of Modern Loss: Candid Conversation About Grief. Beginners Welcome

Praise for Chanel

Conference Keynotes, Talks & Workshops

“Everyone is still raving about your opening keynote, all the feedback from the conference says you were, by far, the favorite talk out of the whole event.” – Conference Organizer, Motion Picture & Television Fund

“Chanel answered our questions and advised us about the next steps we should all be taking to make sure our loved ones are not plunged into chaos. It might sound morbid, but it was actually really fun and inspiring. We signed, witnessed for each other and the notary stamped them all. We were done!” – Holly, Seattle WA. Private event

The course, dealing with hard, difficult and dark things, made these things bearable by the deft, smart and soulful navigation Chanel brought to the conversation. When the end of a hard journey is a new tenderness, a heart full of kindness and a sort of hopefulness for life grounded in the full acceptance of the full circle of life – including, even, the more mundane logistics – you know you have been on a worthy journey indeed. Beautifully done by a beautiful woman.” – Michael B., Group workshop participant