

What Can Wait?

Not everything that needs done needs done today.

Some things do need your attention. A lot of things don't need your attention today.

What Actually Needs My Attention Now?

Keep this list as small as possible. These are the things that genuinely need attention now, not everything you know you will eventually have to deal with.

- ☐ Immediate needs for me, children or other close family
- ☐ Pets and anything they need today
- ☐ Anything the police, Coroner, hospital, GP or another professional has specifically told me must happen now
- ☐ Contacting a funeral director when I am ready or when needed
- ☐ Immediate funeral arrangements or decisions
- ☐ Medication, food or other basic everyday needs
- ☐ Anything with a genuine deadline that cannot be moved
- ☐ Something that will cause an immediate problem if I ignore it

Something else that genuinely needs done now

Needs Dealt With Soon - But Not Necessarily Today

These things may need dealt with, but that doesn't automatically mean they need dealt with on Day One.

- ☐ Employer or work
- ☐ Banks or building societies
- ☐ Life insurance or pensions
- ☐ Initial estate or probate enquiries
- ☐ Bills and direct debits that may need checked
- ☐ Government notifications
- ☐ Utilities
- ☐ Mortgage provider or landlord, where relevant
- ☐ Solicitor or other professional advice, where needed

Things I can put on a later list

This Can Wait

There are things you may eventually want or need to do, but you do not have to make every decision while you're still trying to understand what has happened.

- ☐ Sorting clothes and belongings
- ☐ Clearing cupboards or drawers
- ☐ Giving possessions away
- ☐ Closing social media accounts
- ☐ Closing non-essential subscriptions or memberships
- ☐ Making decisions about a memorial or headstone
- ☐ Deciding what to do with ashes
- ☐ Changing rooms or making major changes to the house
- ☐ Moving or selling the house
- ☐ Making major long-term financial decisions
- ☐ Deciding what the rest of my life is going to look like

The Three Things I Actually Need to Do Today

If your list has turned into 25 things, come back here. What are the three things that really matter today?

1.

2.

3.

One Last Thing

When somebody dies, there is a whole circus of activity that suddenly appears around you. It can make you feel as though you should constantly be doing something.

But you are also a person who has just lost somebody. You can only think about and process so much.

Do what genuinely needs done. Write the rest down somewhere so you don't have to keep carrying it around in your head. Then leave it there until you are ready for the next thing.

About this resource: This worksheet comes from my own experience after my husband Darren died suddenly. It is a practical prompt, not a definitive timetable. If you are given a specific deadline or instruction, follow that.