



DO YOU WANT TO BE PREPARED BEFORE YOU GO? GET IT DONE, WITH GRACE.

According to Marie Curie, 90% of people in the UK say it is essential to plan ahead in advance of dying, but only 14% actually DO anything formal about it.

If you want to do something about it, we can work together to complete your end of life plan using the Before I Go Method™.

WHAT IS IT?

An inspirational online course created by Jane Duncan Rogers, founder of Before I Go Solutions. I have been trained personally by Jane in the Before I Go Method™. A proven course that will take you from thinking you must do something about getting your affairs in order, to actually getting them done. Help and guidance tailored to your unique personal circumstances, is guaranteed, together we will make it happen.

WHAT ARE THE BENEFITS OF JOINING?

- Get going on the things you've been putting off.
- Gain information you need to know to make empowered decisions about your personal situation, so you can stop fretting about them and relax more.
- Stay focused so you can take small steps in the right direction, feeling a sense of achievement.
- Get organised so that you can lessen the feeling of being a burden on others.
- Reduce overwhelm as things are broken down into manageable tasks.
- Feel relieved, confident and comforted by the fact you've taken care of everything.

" Grace has combined her phenomenal organisational skills, energetic encouragement, gentle spiritual nature, and wicked sense of humour to help me organise myself and overcome my procrastination of admin and forms. My only regret about working with Grace is that it has to end when the job is done. "

Richard Lewis



WHAT'S THE PLAN YOU ASK?

The plan is to 'Get it Done with Grace'

It's been proven that those who work with a coach are more likely to complete their end-of-life plan successfully. Over seven one on one sessions with ongoing support we will work through the following modules;

Bonus Module #1: Getting Started

Module 1: Lessening the Household Headaches

Module 2: Determining Your Life & Death Values

Module 3: Looking After the Legals

Module 4: Designing Your Digital Life and Finances

Module 5: Taking Care of the Body - DIY/Undertaker, Funerals and Rituals

Bonus Module #2 - Completion module. Legacy & Putting it all together

Getting it Done with Grace will mean you will get your end of life plan done without losing focus, getting over whelmed or giving up!

By completing this course you're **giving yourself the best chance of a 'good death'** and your family/friends the best chance of grieving well. Your family will be **freed from making difficult decisions**, being surprised by unexpected costs, and having uncomfortable conversations.

You will find the **relief and peace of mind** that arrives when you do this NOW, so you can focus on getting on with your life and forgetting about the end of it!

It couldn't be easier!

I look forward to supporting you as we complete this life affirming course together.

You are further ahead right now than most people will ever be. That's a positive!



WHAT IS INCLUDED:

- Online access to the complete Before I Go Method® program.
- All modules include various lessons, with either short videos, PDF's or audios plus lesson text. Altogether, any module can be watched/read/listened to at one go in 30-45minutes.
- The Before I Go® Workbook, which has all the questions in that you could ever need to answer, plus spaces for you to write in your answers. This comes as a digital, fillable PDF. Printed version available upon request.
- Your 'Get it Done with Grace' welcome pack in the post.
- Your printed Before I Go workbook Valued at £29.95
- 7 x 1 hr private coaching sessions via zoom. Usually every 2 weeks but this can be decided by you.
- End of Life Planning Cards Valued at £29.95
- Before I Go Book - The Essential Guide to creating a good end of life plan. Valued at £12.99
- Whats app for extra support Q&A and accountability.
- Check in emails for accountability and support.
- A follow up call with me.
- Certificate of completion.

INVESTMENT:

One on one sessions £497

Couples or friends £397 per person.

Payment plans & individual packages also offered -let's talk

Pay via PayPal [Here](#)

Bank Transfer to Starling Bank

Account Number: 65329086 Sort Code: 608371

Account Name: Grace Thorne

**I am dead happy you are thinking about this.
It's always too early until its too late!**