



The Athena Wellness Podcast  
Episode 096 – The Five Wishes with Lee Atherton  
December 8, 2021

00:05

Welcome to the Athena Wellness podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

00:30 Kathy

Hello and welcome to Episode 96. Thanks so much for joining me for this shortened Wellness Wednesday episode, a little midweek boost to help keep your Warrior Vibe high.

00:41 Kathy

Today I'm joined, once again, by end of life, grief, and resilience coach, Lee Atherton, also known as Coach Rev. In this episode, we get practical on how we can prepare for the end of life and have these conversations with our loved ones in advance.

Spoiler alert: it's much easier than you think when you follow The Five Wishes process. Also, you'll learn why preparing in this way is one of the kindest things you can do for yourself and those you love.

And now onto the show. I hope you find this conversation helpful.

01:25 Kathy

Once again, I'm joined by end of life, grief support and resilience coach, Lee Atherton, also known as Coach Rev. Welcome back, Coach Rev.

01:34 Lee

Thanks, Kathy. Good to see you again.



01:37 Kathy

So when we spoke last time, you gave us so much good advice and insight on how to start to plan for end of life situations. I'd like to get a little practical in this episode and talk about some steps that listeners can take to prepare for end of life in a way that feels empowering to them. What advice would you give them?

01:58 Lee

I would say go to a website, Five Wishes, and that's "five" spelled out dot com. It's put out by Aging with Dignity. It's a document and it helps you think about the questions to answer.

Who's the person you want to make healthcare decisions for you? What kind of medical treatment do you want or not want? How comfortable do you want to be? How do you want people to treat you? And what do you want your loved ones to know? Those are the five wishes in this booklet.

Even if all you do is take some time to think about the answers for yourself and you don't make it a legal document, although that's very easy to do with this one, it's great. Take the time. It's hard, it's challenging. But take the time. Answer one question at a time. Let it sit and rumble around for a while. And then be sure to let others know.

Kathy

Is it a document that you download?

Lee

You can download it or you can actually purchase a copy of it.

Kathy

I see.

Lee

And they're great. They have *Five Wishes* and then *Voicing My Choices* for adolescents and teens. And they even have a version for younger kids.



Kathy

Wow.

Lee

Like I do, they advocate starting that thinking early on.

03:23 Kathy

And so somebody would either have a physical copy or a digital copy, go through, answer whatever they're comfortable with - that itself can be turned into a legal document?

Lee

This booklet, once signed, every state is a little bit different, but I believe it is just having it notarized.

Kathy

Wow, that's great. That's great advice. So somebody would have that, and then any other legal documents that they might have - their will, their power of attorney, if there is one, health care directive, things like that. Are those types of - not the will but the directives - are they included in that or is that something different?

04:03 Lee

The questions are included in here, yes.

Kathy

Wow, that's wonderful.

Lee

Yep. And then remind your listeners, although they're listening to me say it, right? Don't just do it and take it and tuck away in your desk drawer in the back of your closet. Make sure you give copies to folks and let them know that you've done this work.

04:23 Kathy



Yeah, yeah. And then I think the other thing too, that is more of a 21st century concern, is a place where they can find a list of your documents, your websites, your passwords...

Lee  
Yes.

Kathy  
...to be able to navigate your digital life, which is becoming more and more prominent, you know, as the years go by, right?

Lee  
Right.

Kathy  
And then also when that document of Five Wishes, that's also for end of life celebrations? Is that included in there or is that something else that you would need to give thought to?

04:59 Lee  
That's actually included in there. And what an amazing gift to give those who are left behind. If you think about it, someone you love dearly has just died. And all of a sudden, you've got to put together a whole thing in just a few days when your mind doesn't even, yeah, it's a hard task even on a good day. But you can let folks know. I've worked with families where their loved one had the whole service written out. And they have said, "So glad I don't have to think about this."

05:38 Kathy  
Yeah, absolutely, yeah. And then again, which one of those five wishes is most important? I mean, I've made it clear, shouted it from the rooftops. It's like, "No pain. (laughs) No pain, no resuscitation - and a BIG party." That's all you have to remember and I'm happy. So it can be something as simple as that.

But just the more you can give your loved ones a heads up.

Lee



Yes.

Kathy

It really is an act of love.

Lee

It is. It is, definitely.

Kathy

Wonderful. Is there anything else that we didn't cover that you would like to share with our listeners?

06:19 Lee

I'd like to share my favorite quote.

Kathy

Yes, please.

Lee

This has been a part of what's gotten me to where I am. And I think it's a good reminder for all of us. Philosopher Frederick Nietzsche wrote this: "It is only when there is chaos within that you can give birth to a shining star."

Kathy

Mmmmm.

Lee

So in the midst of all that chaos, know that something bright and glorious is going to come - somehow, somewhere, someday.

06:53 Kathy

Mmmmm. That's the perfect ending. Thank you so much, Coach Rev for your time. I really appreciate it.



06:59 Lee

Thank you, Kathy.

07:02 Kathy

Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

If you'd like to access the show notes, have a question you'd like addressed on a future episode, or would like a transcript of this episode, visit [www.AthenaWellness.com/podcast](http://www.AthenaWellness.com/podcast).

Until next time, be well!