

# VIDUI

## A Living Spiritual Will



## ELEMENTS OF A VIDUI

- 1) **MEANING... Accomplishments**  
*I did what I came here to do by...*
- 2) **FORGIVENESS... Releases**  
*Whom do I forgive (including myself)*
- 3) **RELATEDNESS... Core Relationships**  
*Special Messages to those I love*
- 4) **HOPE... Legacy**  
*Blessings and dreams for others*



MY NAME \_\_\_\_\_

TODAY'S DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

To whom do I entrust my Vidui for safe keeping? \_\_\_\_\_

**To Whom do I address my VIDUI?**

**MEANING... My Accomplishments**  
*I did what I came here to do by...*

**FORGIVENESS... Releases**  
*Whom do I forgive (including myself)*

**RELATEDNESS... Core Relationships**  
*Special Messages to those I love*

**HOPE... Legacy**  
*Blessings and dreams for others*