

## The First 72 Hours Protocol

### *An Action Plan for My Trusted Delegates*

When a loss occurs, the sheer volume of immediate decisions can feel paralyzing. I created this check list so you do not have to guess what to do next. Take a deep breath, lean on this guide, and take things one step at a time.

**Phase 1: Immediate Actions (Hours 1–24)** Focus only on immediate physical needs and legal requirements.

- **Obtain Legal Pronouncement:** If I pass away at home, call 911 or my hospice nurse to officially pronounce the passing. If I pass in a hospital or facility, the staff will handle this.
- **Notify Immediate Family:** Contact the closest family members. Do not worry about extended friends or social media right now.
- **Secure Dependents & Pets:** Ensure immediate care and feeding for any pets or dependents living in my home.
- **Secure the Property:** Lock my home and vehicles. If I lived alone, remove any immediate valuables from plain sight, turn on a few lights, and ensure the mail is collected.
- **Access My Last Words:** Log in to [mylastwords.life.vu](https://mylastwords.life.vu) using your Delegate access. Check the "Family" or "Documents" drawer for any specific end-of-life directives I have left.

**Phase 2: Tactical Logistics (Hours 24–48)** Focus on physical arrangements and securing assets.

- **Review Final Arrangements:** Before calling anyone, check my vault for my exact wishes regarding a funeral, memorial, cremation, or burial. Look for any pre-paid service contracts.
- **Contact the Funeral Home:** Call the funeral director to arrange for the transport of my physical remains.
- **Order Death Certificates:** You will need certified copies of the death certificate to close accounts and manage the estate. Ask the funeral director to order at least 6 copies, more may be required for complex situations.
- **Locate the Keys:** Use the "Master Key Guide" in my vault to locate safe deposit boxes, vehicle keys, and physical storage spaces.

**Phase 3: Administrative Triage (Hours 48–72)** Focus on pausing the outside world and stopping financial drains.

- **Notify My Employer:** Contact my HR department or business partners. Inquire about any active life insurance policies or final paychecks.
- **Secure Digital Access:** Refer to the "Digital Estate Checklist" in my vault. Use the master passwords provided to secure my primary email account and smartphone.
- **Triage Finances:** You do not need to settle the estate this week. However, check my vault for instructions on pausing major auto-pays or subscriptions to prevent unnecessary drains on my accounts.
- **Lock the Credit File:** Contact the three major credit bureaus (Equifax, Experian, TransUnion) to flag my social security number as deceased to prevent identity theft.

Take your time. You do not need to accomplish everything perfectly in the first three days. Use the resources I have left for you in the vault, rely on the professionals, and remember to take care of yourself.

Don't leave your loved ones guessing. Spare your family the chaos of an unprepared estate. **Start organizing your legacy today at <https://mylastwords.life.vu/>**

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