

Greenfield Family

7 GENERATION FAMILY CONSTITUTION

2024



OUR FAMILY



Ben Greenfield
Date of Birth: December 19, 1981
Parents: Gary & Pat



Jessica Dawn Greenfield
Date of Birth: June 30, 1981
Parents: Ann & Dave



River Greenfield
Date of Birth: March 19, 2008
Parents: Ben & Jessa



Terran Greenfield
Date of Birth: March 19, 2008
Parents: Ben & Jessa

ABOUT US

“

“Family is not an important thing. It’s everything.”

– MICHAEL J. FOX

This section is for you to layout who is a part of your family and to clearly define your family values.



OUR FAMILY VALUES

01

Faith: We believe in the absolute truth of God's word and value obedience to His Word, and the deity, death, burial and resurrection of His son Jesus Christ.

02

Love: We value sacrifice, service, generosity, stewardship and sharing all God has graciously loaned to us. We care for our women as queens of our household. We believe that love and forgiveness covers all.

03

Creativity: We immerse ourselves in and passionately appreciate art, music and stories. We are curious and adventurous.

04

Intelligence: We are well-spoken, prepared and intellectually driven.

05

Honesty: We believe in radical honesty, transparency, and truth in all relationships and all matters.

06

Gratitude: We are at peace, choose to be content in all circumstances, and have a satisfied spirit of abundance rather than scarcity.

07

Endurance: We prize perseverance and strength in body, mind and spirit. We are dependable leaders. We stick through thick and thin, we stand by our word, and we let our yes be yes and our no be no.

08

Interdependence: We are cooperative, sacrificial and recognize with humility our dependence upon each other and our fellow humans.

09

Joy: We laugh and love with games, food and drink, engage in humor and light-heartedness, and build a joyful Christian culture building that savors God's creation, knowing that God is most glorified in us when we are most satisfied in Him

SYMBOLS

“

*“Family faces are magic mirrors. Looking at people who belong to us,
we see the past, present, and future.”*

– GAIL LUMET BUCKLEY

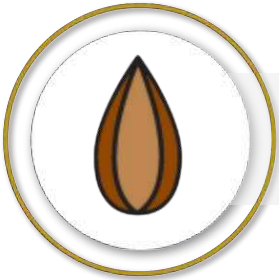


OUR FAMILY SYMBOLS



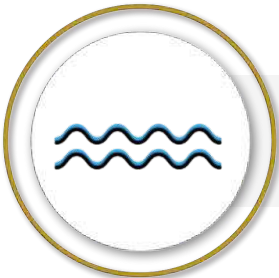
Ben

Tree (Ponderosa Pine)



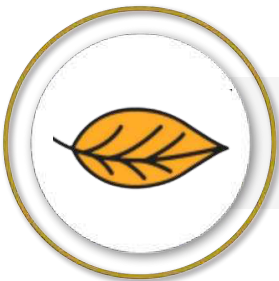
Jessa

Seed



River

Water Droplet and/or Water Waves



Terran

Leaf

OUR FAMILY LOGO



FAMILY CREST DESCRIPTION

The actual shape of the crest is a shield, which represents the shield of faith, one of the key elements of the spiritual armor of God described in Ephesians 6:10-18. My family strongly believes in our strong faith and obedience to God as being our defense against any trials and tribulations the world might throw at us.

Next, weaving its way through the crest is a cross, which is another representation of our faith, but also our Christianity, our love for Jesus, and our honoring of Jesus's sacrifice. The cross has five roots that extend down into water, and the five roots represent our family's core values of joy, love, peace, sacrifice, and obedience. The flowing, living, vibrant water underneath the roots not only represents our baptism and renewal of life through our belief in the deity, death, burial and resurrection of Jesus Christ, but also represents our Greenfield family value of radical honesty and transparency in all our dealings and communication.

The center component of the crest is our Greenfield family logo. The triangle with the circular base that each of the symbols is placed within represents a firm mountain of leadership and strength, with a soft, circular base of understanding, empathy, openness and interdependence. Within each of those triangles are our family symbols. The seed represents Jessa as the life-bearer of the family, the waves of the water element my son River on the right because he was born first, the leaf of the earth element my son Terran on the left because he was born second and the fir tree pointing upwards me as the leader of my family. Surrounding our family logo is a lasso, which represents Jessa's Montana rancher background, and symbolizes a lasso of love that ties us all together. The lasso rope eventually transitions into a link of chains to symbolize our interdependence upon one another, and our family values of cooperation, humility, and sacrifice. The logo ends with an anchor plunging into the water and representing how our family is rooted in God's love and the waters of life that spring forth from that love.

Each "quadrant" of the crest represents different values and activities that our family holds dear. The lower right quadrant represents joy, including food, drink, humor, laughter, savoring God's creation, and culture-building, including activities we enjoy as a family such as bocce ball, frisbee golf, tennis, cornhole, and a deck of cards complete with a visible joker card that represents our love for laughter and lightheartedness.

The upper right quadrant represents each of our respective spirit animals and our love for adventure and nature. Jessa is a dolphin, River is a white wolf, Terran is an arctic fox and I am a grey wolf. The spirit animals are depicted as a pack racing through the night sky as a display of our values of interdependence, perseverance, and community, led by a shooting star that leads us forth into the glory of heaven and eternal life.

FAMILY CREST DESCRIPTION

The lower left quadrant represents our love for art, music, singing, reading, writing and creativity in general, including a beautiful treble clef, an art palette and paintbrush, a book and a variety of musical instruments.

The upper left quadrant represents our love for the culinary arts, for food and perhaps more importantly, for hospitality, giving, sacrifice and service, including imagery of our giant oak dining room table where our friends and family frequently gather to break bread and drink wine, two elements which of course also symbolize the holy sacrament and our Christian faith. entertaining people at our table and the importance of the eucharist.

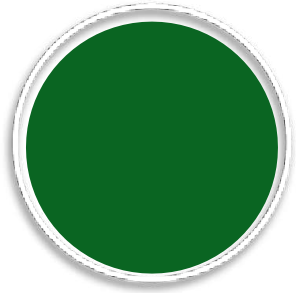
Surrounding the outside of the crest are beautiful stones, with a center cornerstone at the top representing Christ. If you look carefully, you may be able to spot each of our individual logos (the tree, the seed, the waves and the leaf) hidden within certain stones, and as we add new additions to the family, such as grandchildren and great grandchildren, they too will have their images engraved within the stones surrounding the crest.

At the top of the crest is a mountain that culminates with the gates of heaven and the sun. Our family loves climbing, hiking and adventure, so you can see four family members depicted as hiking up the mountain towards heaven, and since a key value for our family is to be content no matter our circumstances, we continue to hike peacefully and contentedly, with perseverance, despite the thunderstorms and lightning you can see towards the top of the crest. The gates of Heaven at the top of the mountain show that our family desires to not to be a bright and shining light leading the way to the gates of heaven for all people, spreading the good news of hope as evangelists and image-bearers of God.

FAMILY CREST

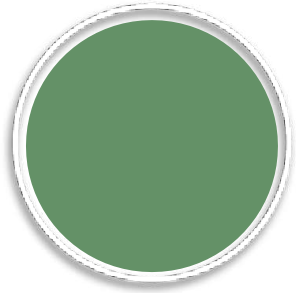


FAMILY COLORS



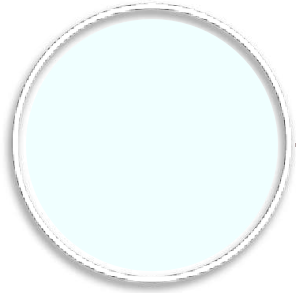
Ben: Forest Green

HEX: #0B6623



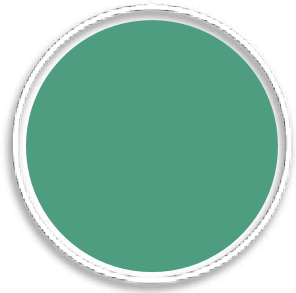
Jessa: Hunter Green

HEX: #659267



River: Azure

HEX: #F0FFFF



Terran: Winter Green

HEX: #4F9E81

SPIRIT ANIMALS



Animal: Grey Wolf

Ben



Animal: Dolphin

Jessa



Animal: Arctic Fox

River



Animal: White Wolf

Terran

TRADITIONS

“

“Everyone needs a house to live in, but a supportive family is what builds a home.”

– ANTHONY LICCIONE



FAMILY ROUTINE & RITUALS



BEGINNING OF THE DAY

- **Meditation & Journaling:** We have a morning practice of breath, connection to God, gratitude, service, tapping, the Lord's Prayer, group hug and a final family "check-in" of the day's plans.



END OF THE DAY

- **Family Dinners:** We have at least one meal together a day where we take time to relax, sit down and catch up with one another, and also to play fun family games together. Our family dinners always begin with centring breath, gratitude, prayer, and discussion of our Scripture reading from that day. And family tennis.
 - **Songs & Stories:** On as many evenings as possible during the week, we prioritize post-dinner songs and stories, often gathered in the bedroom, and usually before meditation and journaling.
 - **Meditation & Journaling:** We have an evening practice of breath, connection to God, self-examination, purpose, and prayer.
-

FAMILY ROUTINE & RITUALS

01

Group Dinners:

At least once a week, we prioritize stewardship, service, love, fellowship and joy by inviting friends - both old and new - into our home for a feast.

02

Prayer Board:

We keep a centrally located prayer board and write upon it the names of those we have committed to pray for.

03

Sabbath Day:

We commit each Sabbath day to rest, relaxation and spending time together as a family and in God's creation.

04

Escape Rooms & Cooking Classes:

When we travel together for family vacations, we find local escape rooms and cooking classes to complete together.

05

Breath Work:

To tap into the benefits of silence, meditation, oxygenation, a flow of carbon dioxide and nitric oxide through the body, and a drug-free shift into an elevated state of consciousness, we complete a 10-20 minute breath work session on at least three days of the week, often before dinner and sometimes before bed. During this time, we concentrate not only on our breath, but also on our emotions, and the movement of energy through our bodies. In addition, on about one weekend per month, we complete a longer 50-70 minute breath work routine. We prefer to combine breath work with heat and cold.

MARRIAGE MEETING

"The art of marriage is really the art of keeping up to date with your partner, of staying on track with your own and each other's life goals as they emerge, exist, and change. It is about supporting each other and staying connected emotionally, intellectually, physically, and spiritually.

The institution of marriage carries a heavy weight of pressures and expectations. Spouses don't just partner up for purely economic and procreative purposes — they expect to be romantic lovers, best friends, co-parents, and sometimes even business partners. Balancing all of those roles might seem like a burden, and it certainly can be. Husbands and wives may both be working — and not just one job, but several. There are kids to raise and schedules to juggle. Family members can end up feeling like ships passing in the night.

But modern marriage is also an incredible opportunity — one that, if managed right, can be an unending source of joy and satisfaction. It's you and her, against the world, building your world. If you want to plan and tackle life's greatest adventures side-by-side, you've got to stay in-sync and work effectively as a team.

The art of marriage is really the art of keeping up to date with your partner, of staying on track with your own and each other's life goals as they emerge, exist, and change. It is about supporting each other and staying connected emotionally, intellectually, physically, and spiritually.

So how do you stay connected on all those levels? Enter the weekly marriage meeting, which is a short weekly meeting designed to rekindle romance, solidify friendship, nip potential conflicts in the bud, and help more smoothly run a household economy.

You may be wondering what the point is of holding an "official" weekly marriage meeting. If you and your wife talk about things like chores and activities in passing, then why sit down for a discussion during a dedicated time? The answer is that you'll go deeper on the things you're already talking about superficially in snatches. You'll also open up on things you keep meaning to mention, but haven't — either because you keep forgetting or because you've felt uncomfortable and it never seems like the right time to talk about it.

For these reasons, Greenfield couples hold a short weekly marriage meeting (15-30 minutes) that's broken into four parts: Appreciation (expressing gratitude to your spouse), Chores (making sure to-dos are getting done), Plan for Good Times (scheduling date nights, as well as individual and family activities), and Problems/Challenges (addressing conflicts/issues/changes in the relationship and in life in general), along with an agenda/template as shown on the next page.

FAMILY ROUTINE & RITUALS

Weekly Marriage Meeting Sample Agenda Sheet

-Appreciation (expressing gratitude to your spouse)

Husband:

Wife:

-Chores (making sure to-dos are getting done)

Husband:

Wife:

-Plan for Good Times (scheduling date nights, as well as individual and family activities)

Husband:

Wife:

-Problems/Challenges (addressing conflicts/issues/changes in the relationship and in life in general)

Husband:

Wife:

HOLIDAYS



HOLIDAY: CHRISTMAS

- We keep an Advent calendar for the month leading up to Christmas
- We select one special Christmas story to read aloud before bedtime during the month leading up to Christmas
- Christmas Eve: dinner, pajamas, movies and shirt puff-painting
- Christmas Morning: scripture reading, pickle hiding, stockings (stockings opened first!) and gift celebration.
- Appearance of Bob, the “elf on the shelf”
- New ornament for each of the children presented on Christmas Eve



HOLIDAY: THANKSGIVING

- Every other year we host Thanksgiving in our home. We invite family and friends.



HOLIDAY: EASTER

- Instead of a traditional egg hunt we do a treasure egg hunt with clues hidden all throughout yard and property.



HOLIDAY: NEW YEARS EVE

- We light Chinese lanterns and release them into the night sky, with a prayer and intention for the year to come written on the lantern



HOLIDAY: WEDDING ANNIVERSARIES

- Sons and daughters make mother and father a feast at home with romantic music, cards, etc. and a gift appropriate to that year’s anniversary “theme”.

HOLIDAYS



HOLIDAY: BIRTHDAYS

- Dad: Likes carrot cake, steak and family time
- River: Likes to make cake for his birthday



HOLIDAY: FATHER'S DAY

- Dad likes to be with the family, and, like his birthday, certainly doesn't mind carrot cake and steak.



HOLIDAY: MOTHER'S DAY

- The men like to cook their mother an amazing meal and make her day absolutely luxurious.

DOCTRINE

“

“Family and friendships are two of the greatest facilitators of happiness.”

- JOHN C. MAXWELL



MISSION STATEMENT



We are the Greenfields.

We live to faithfully shine the light of God's love and Christ's sacrifice to the world by savoring and sharing His Creation. We believe in the absolute truth of God's word and commit to daily immersing ourselves in the wisdom of Scripture, prayer and communion with God.

We are lovers of life and savor all of creation with a spirit of curiosity, adventure, light-heartedness, community-building and sharing our joy with all, knowing that God is most glorified in us when we are most satisfied in Him. We know that each of our blessings are gifted through grace for us to steward, to share and to enjoy with an abundant spirit of generosity. In all of our relationships, we prize, prioritize and commit to love, sacrifice, forgiveness, radical honesty, transparency and truth.

We are uniquely created in God's divine image and called as makers to intelligently create beauty that shines forth His glory. Our yes is our yes, our no is our no, and we are dependable leaders who endure and persevere through all, learning to be content with a spirit of gratitude and peace no matter our circumstances.

We embrace in a spirit of full humility our interdependence and need for deep, present connection with our ancestors, our community, our planet and our legacy. We fully trust that as fruits of our faithful obedience, God's promises and blessings will extend to our family, our children, their children and a thousand generations beyond, so that the knowledge of the glory of the Lord shall cover the earth as the waters cover the sea.

LIFE-DEFINING EVENTS



“The love of family and the admiration of friends are much more important than wealth and privilege.”

– CHARLES KURALT



LIFE-DEFINING EVENTS

01

Open Communication

Age: 8

- Talk of birds and bees, sex, masturbation, any question a youth may have about the more delicate or touchy subjects of life they are curious about.
- Takes place somewhere quiet and private
- Some of these conversations could happen before or after, but 8 is a milestone
- Can ideally be a camping trip or backpacking trip or anyplace but a “public” location like a restaurant

02

Non-Entitlement

Age: 12

- Trip based on serving others
- Go to underprivileged in our community or beyond, such as another city, country or state
- All focused on helping others

03

Courage

Age: 13-14

- Rite of passage into adolescence, focused on wilderness and nature
 - Self-sufficiency and ego dissolution
 - Not forced, only when and if ready, but by age 14 at latest is goal
-

LIFE-DEFINING EVENTS

04

Capability

Age: 15-16

- Self-provision/helping others
- Rite of passage into adulthood - similar to rite of passage into adolescence but more epic/difficult
- Can be a gap year: self-supported, (e.g Pacific Crest Trail, international travel/tour, backpacking trip with hostels, hitchhiking, etc.). Other ideas: Camino Di Santiago (France/Spain), The Jordan Trail (Jordan), Kumano Kodo (Japan), Mount Kailish (Tibet), Inca Trail (Peru)
- Should include some element of service

05

Independence

Age: 18

- At this age, if in college or business vocation, needs to shift into full financial self support
- If male, has moved out of the house at this point

05

Contribution

Age: 25

- Understand forgiveness and grace
- Prison visit or service such as church or school build

MOMENTO MORI EXERCISE

This exercise is to prepare the family with your final wishes and help guide them through your end of life.

Ben:

As I approach the end of my life, I want to ensure that my values and beliefs guide the decisions and arrangements that will follow. This plan reflects those values and beliefs to provide clarity and support to my loved ones.

01

Healthcare Preferences:

- I trust my designated healthcare proxy to make decisions regarding advanced medical care. They should consider:
 - The possibility of resuscitation if there's hope for quality time with loved ones.
 - The benefit of life-sustaining measures in allowing for goodbyes.
 - The wisdom of medical professionals, counsel from trusted individuals, and discernment through prayer.
- Specific preferences:
 - CPR if my heart stops or I cease breathing.
 - Use of a feeding tube for nutrition if eating becomes difficult.
 - Acceptance of a tracheostomy if necessary for breathing.
 - Comfort with machine dependence to support heart and lungs.
 - Willingness to use artificial paralytics for pain management.

02

Organ Donation and Memorialization:

- I am willing to donate my organs to those in need or for scientific research.
- I wish for my ashes to be used in the creation of a memorial tree, preferably a Ponderosa pine, through a service like urnabios.com.

03

Funeral/Memorial Service:

- I want my service to be a celebration of life, characterized by color, music, and fond remembrances.
- Specific requests:
 - Selection of favorite songs and hymns by my loved ones.
 - Guests encouraged to wear bright and colorful attire.
 - Celebration with dancing, music, food, and drinks.
 - Preference for an outdoor venue in a lush, green natural setting.
 - Distribution of mementos or keepsakes to guests.
 - Guests given seeds to plant a tree or flowers in my honor.
 - Presentation of the gospel message and the simplicity of salvation through Jesus Christ.

04

Final Words:

- I trust my family and friends to honor my wishes and add their personal touches to the service.
- I desire more time with family during my last moments but understand the need for flexibility.
- I am open to having a hired caretaker if necessary, as long as I can maintain contact with my family.
- I welcome open discussions about legacy planning, end-of-life documentation, and related topics.
- My mood and preferences for activities may vary, so I encourage loved ones to ask and adapt to my needs.
- I am always open to communication, even on sensitive topics, and appreciate the honesty and support of my family.

05

Additional Thoughts:

- Above all, I want my family to know that they can always approach me with questions or concerns. If I am unable to speak on a topic at a particular moment, I will be honest, but you should not feel awkward asking me anything.
- If I cannot speak, please look into my eyes and watch my body language for understanding.
- My main wish is for my loved ones to find peace and comfort in our shared moments, knowing that I hold no expectations or judgments during this challenging time.

Jessa:

I have always been a “take me home Jesus” kind of girl. Death is for certain, and heaven is a major upgrade. I don’t disregard my life; I care for my body in myriad ways because it is precious in the sight of the Lord. However, I don’t hold onto my life with white knuckles. My life is the Lord’s, and it is His to do with as He pleases.

01

End-of-Life Medical Decisions:

If, for some reason, I find myself on life support with no hope of recovery (brain dead), I request that my designated decision-maker, Ben (or their legal name at the time, if changed), make the difficult choice to remove life support and let me transition into glorious eternity. I would like to remain on life support for up to three days to allow my immediate family to say their farewells. This request is made not for my sake but to provide a small shred of closure to those who remain.

02

Disposition of My Remains:

I’m uncertain about whether I prefer cremation or burial. I have heard about places that compost bodies, which resonates with me since I love gardening. Therefore, I would like my body to be composted, and I wish for a willow tree to be planted with my compost by our small pond, along with a small plaque commemorating my life.

03

Funeral Arrangements:

I desire a simple funeral with no more than four people delivering eulogies. I would like my sister Shawna, my brother Joe, and two other individuals whom I deeply respect to speak, possibly a close friend and a pastor. I hope these speeches will share cherished and funny memories. The tone of my funeral should be one of hope and peace, emphasizing the promise of heaven and resurrection.

I request that the hymn “It Is Well With My Soul” be played during the service, as it holds significant meaning for me and my loved ones. Additionally, a slideshow featuring cherished memories can be displayed. To conclude the funeral, I would like the doxology to be sung, giving glory to God for the gift of my life and my salvation.

04

Reception:

Following the funeral, I would like a reception with delicious food and wine, providing an opportunity for my loved ones to come together in a relaxed setting. I also suggest having a table with photos and cherished items of mine as a way to remember me.

05

Family Presence:

I would welcome my family’s presence during the days, weeks, or months leading up to my passing, especially if I have a terminal illness. The extent of their involvement would depend on the circumstances, such as whether I am living alone or if my husband is still with me. While I wouldn’t want my family to be solely responsible for my care, I would appreciate their emotional support and companionship during this challenging time.

06

Legacy Planning and Documentation:

I am fully comfortable with having frank and open discussions with my family members about legacy planning, end-of-life documentation, trusts, wills, and other logistical matters. It is essential to me that everyone is clear about my wishes and expectations.

07

Emotional Support:

Should I have a terminal illness, I would greatly appreciate active support to elevate my mood. This could include music, flowers, nature walks, funny movies, or simply someone to read to me. Being outdoors and staying connected to the beauty of nature would be particularly important to me during this time.

I want to express my deep gratitude to all of you for your love and support throughout my life. Your presence and understanding in these difficult moments mean the world to me. Please remember that, ultimately, my faith assures me that I am going to a better place, and I hope my end-of-life plan brings comfort to all those who love me.

River:

I want to express my wishes and preferences for my end-of-life care and arrangements so that my loved ones can honor them when the time comes. Here is my plan:

01

Medical Care:

I am comfortable with the use of medical treatments and assistance to a certain extent, as long as I am not fully dependent on them inside a hospital for the last years of my life. If I am in the final hours or days of my life, I would like my immediate family, close friends, and beloved pets to be by my side. If I cannot communicate during this time, I request that they either play soothing music or simply keep me company as I pass. When I do pass, I want them to know that I love them and will watch over them in heaven.

I am okay with:

- Receiving CPR if my heart stops or if I stop breathing.
- The use of a feeding tube if I cannot eat, swallow, or digest properly.
- Receiving a tracheostomy or other breathing assistance if I have difficulty breathing.
- The use of medications and pills to maintain my health.

I am not okay with:

- Living indefinitely through the use of machines.
- Being confined to a hospital if I have to stay there for five years or more.

02

Care Of My Body:

I would like my ashes to be scattered into a creek or a smaller form of water, preferably on a sunny day when the sunlight reflects off the water's surface. This would align with one of my favorite experiences. I am also open to the idea of donating my organs to those in need or for scientific purposes.

03

Funeral/Memorial Service:

I understand that mourning is a natural part of the process, but I also want my funeral to celebrate the fact that another soul has found its way to the Lord. My requests for my funeral service are as follows:

- I want attendees to bring dishes of food, preferably including sweets like scones, cupcakes, and cookies, as well as beverages like eggnog and horchata. Savory food is also welcomed.
- I would like the service to include numerous hymns, as they hold special meaning for me, particularly those with harmonious parts sung by different voices.
- Ideally, the service would take place in the winter, but I am open to other seasons. If it is indoors during the winter, I would like attendees to have a view of nature, similar to a dining room window in our home.
- I trust that people can speak about my life and work, but I would also like Bible verses to be read, including ones I hold dear, such as 2 Corinthians 5:21, all of Romans 8, and Matthew 25:35-36.

04

Final Words:

If there are any aspects that I may not have covered in this plan, I place my trust in my family to make decisions in line with what God says and what they believe is right. I feel safe allowing them to make any necessary additions or modifications.

GREENFIELD FAMILY CONSTITUTION

05

Family Presence:

I would welcome the presence of my family during the days, weeks, or months leading up to my passing, even if they are grown up, have moved away, or have their own families. While I don't require someone there 24/7, their emotional support and companionship would mean a lot to me.

06

Open Financial and Logistical Discussions:

I am comfortable with open and frank discussions about financial and logistical matters, including legacy planning, end-of-life documentation, trusts, wills, and related topics.

07

Emotional Support:

I would appreciate both active support to elevate my mood, such as music, nature walks, or reading, as well as quiet moments for prayer, meditation, and reflection. A balance between these options would be ideal.

08

Additional Request:

I humbly accept any prayers offered in any form, as they hold great significance to me.

I thank you all for your understanding and willingness to honor my wishes as expressed in this end-of-life plan. Your love and support mean the world to me, and I trust that you will carry out my requests with love and care.

Terran:

I appreciate the opportunity to outline my end-of-life preferences and wishes to ensure that they are honored when the time comes. Here's my plan:

01

Family Presence:

I understand that life can take loved ones in different directions, and I don't expect everyone to be present constantly. If at least one person, whether a child of mine, a close friend, or any family member, can be with me, I consider that sufficient. People can come and go as they see fit. However, if I feel the need to convey any last words or wishes, I will do so through a letter or some form of written communication. Unless, of course, I meet an unforeseen fate, like getting eaten by a shark, in which case, there's not much I can do.

02

Open Discussions:

I believe that frank and open discussions about legacy planning, end-of-life documentation, trusts, wills, and related matters are essential. If, for any reason, I am unable or unwilling to discuss these topics, I trust that the most prudent legal process will be followed.

03

Emotional Support:

In the event of a terminal illness, I would greatly appreciate nature-related activities, as nature holds a special place in my heart. I don't want to spend my final days confined indoors without natural light. I am also open to watching funny movies and other forms of entertainment. However, above all else, I would cherish moments in nature or brisk walks in the hills.

04

Additional Requests:

If, at any point, my condition prevents me from communicating in the usual ways (speech, hearing, sight), I trust my family and loved ones to consult with one another and seek guidance from God in determining my last wishes. Prayer is a powerful way to seek clarity. I wish to have one final moment carved out for me to speak with a trusted friend, family member, or my wife. If oral communication is impossible, even a moment accompanied by a favorite song of mine would be appreciated. If I slip into a coma and cannot interact, I trust my family to do what feels right during their visits. I am comfortable with medical life support or care. However, when the time comes, and if it is obvious that my passing is inevitable, I would prefer to say my goodbyes and peacefully transition to heaven when someone decides to unplug any necessary machines.

In the case of a sudden, unexpected death or if I pass in my sleep, I understand that no action can halt the natural course of events. I take comfort in knowing that I will joyfully reunite with my Savior and continue to watch over those close to me. Therefore, I don't wish for anyone to feel idle while I pass, but I also don't want unnecessary measures taken to prolong my life if I become a burden.

05

Care of Body:

I request that my ashes be scattered into nature or any appropriate location at sunrise, as this is my favorite time of day. Additionally, I am open to the idea of donating my organs to those in need.

06

Funeral & Memorial Service:

While sorrow and grief are natural, I want my funeral to be a celebration of my life and the joyful transition of my soul to the Lord. Here are my requests for the service:

- Please include as many hymns as possible, chosen by my brother, parents, and those who knew my favorites.
- Attendees are encouraged to wear what they would typically wear to church. A somber color palette is not necessary.
- If the service takes place in winter, I would like a view of the outdoors, and if it's in another season, it should be held outdoors. Eggnog would be appreciated if it's a winter service.
- Those who wish to speak can coordinate with the organizers of the memorial.
- I request Bible verses to be incorporated throughout the service. Specifically, Romans 8:28, 1 Thessalonians 4:13-14, and Revelation 21:4 are meaningful to me.

07

Final Words:

I trust my family's judgment and hope they won't worry excessively about fulfilling my wishes. They are welcome to add any elements they desire to my service and funeral, and I believe it will be perfect. Through it all, my ultimate longing is for the moment when my Lord says to me: "Well done, my good and faithful servant."

STRUCTURE

“

“Life is beautiful. It’s about giving. It’s about family.”

- WALT DISNEY



FAMILY OFFICE

Here you want to list who is apart of your family team.
(accountant, lawyer, financial planner, etc.)



Role: Financial Quarterback

Name: Carson Wealth Date: 2022

Contact Info: sheizer@carsonwealth.com
(301) 739-8505



Role: Tax Prep & Strategy

Name: Tanner Adams Date: 2022

Contact Info: (800) 400-8385



Role: Attorney

Name: Erin Stone Date

Contact Info: erin@yorkhowell.com
(801) 527-1040



Role: Estate Attorney

Name: Kristin Simmons Date:

Contact Info:



Role:

Name: Date:

Contact Info:



Role:

Name: Date:

Contact Info:



Role:

Name: Date:

Contact Info:



Role:

Name: Date:

Contact Info:

PURPOSE OF TRUST

The purpose of the Greenfield Family Trust would be to uphold their family spirit of abundance & giving when it comes to finances. To not only add value to the generations of Greenfields to come but to give back to the people, community & environment around them.

The Greenfields stand for hard work, consistency, dedication, kindness, balance, faith, love and freedom from the vices of this world. Their family trust will serve as a tool to uphold their family values & to continue to make each generation subsequently better physically, mentally, emotionally, financially & spiritually.

7TH GENERATION USE OF FUNDS

Here you want to list what the family money can be used for.

01

Health

02

Education

03

Impact/Contribution

04

Home Ownership

05

Business or Business Start-Up

06

Special Events

07

Others

7TH GENERATION USE OF FUNDS DETAILS

HEALTH

USE: The intent of Ben and Jessa Greenfield is that the trusts support any descendant with payment, directly or indirectly, for any and all health costs or expenses, including any healthcare insurance premiums. This support shall include any long-term health costs, such as nursing-home care, in-home care, rehabilitation care, convalescent care, etc.

Disabled. A person shall be considered “disabled”; if:

1. a permanent chronic illness is developed from birth, later on in life, or after a physical injury, and such person cannot function in a manner that a reasonable person would believe would allow such person to operate his or her own business, or
2. all of the then Trustees hereunder agree that such person shall be considered disabled for all purposes herein.

Any healthcare expenses for which the Greenfield trust is utilized need to ideally reflect Ben and Jessa Greenfield’s philosophies of natural health, functional medicine, and consideration of allopathic medical and pharmaceutical corruption (all trustees are highly encouraged to read the book “Pharmakeia: A Hidden Assassin” by Ana Méndez Ferrell). All health decisions should be made through as natural and ancestral a lens as possible. Furthermore, the use of any plant medicines or “Pharmakia” are only to be considered for actual medical issues, and not for personal development, journeying, self-discovery, etc.

EDUCATION

USE: We want our descendants to be well educated and well rounded. Therefore, it is our intent that the trusts support any descendant with payment, directly or indirectly, for any and all educational costs or expenses (including private schooling, the highest forms of education, alternative education, or self-teaching). Along with traditional educational costs and expenses, we intend that “education” be defined broadly and may include expenses for lessons in extracurricular activities, such as art, dance, music, or sports. Education should ideally be based around the educational principles Ben and Jessa Greenfield have described in the book “Boundless Parenting,” including prioritizing experiential and life-based learning, not placing a high priority on classroom time or computer time, and using a self-directed educational approach based upon unschooling, homeschooling, or a Christian-based private school steeped in classical education principles. Universities should ideally be considered only for a well-rounded Christian liberal arts education or for careers for which demonstrable, certified knowledge must be attained via a certificate or degree, such as engineering, medicine, etc.

EDUCATION (Continued)

Fiscal Responsibility. Descendants, at a young age, should be encouraged and taught respect for money and finance. If misused or underappreciated, consequences of too much money too fast can be devastating if one misconstrues either the benefits or dangers of money as a tool. Descendants should be taught the wisdom of “smart debt” and growing money wisely, rather than “burying it in the ground,” but also learn to save and be rewarded for savings.

IMPACT/CONTRIBUTION

USE: It is also our intent that our descendants engage in good works throughout their community. This can be done by utilizing funds received from the trust for charitable goals such as non-profit foundations.

Upon such an occasion that the principal of the trusts are diminishing due to the magnitude or number of descendants and associated distributions, distributions should be curtailed in order to preserve the assets of the trusts for future generations. It is, however, expected that at some time in the hopefully distant future, the trusts may no longer be self-sustaining and negative growth may be tolerated as the then-current trustees deem appropriate.

HOME OWNERSHIP

USE:

BUSINESS OR BUSINESS START-UP

USE: Businesses of Beneficiaries within Trusts. Assistance for descendants who wish to start, build, or expand a business should be encouraged, provided that the descendant has fully researched such a business, prepared a comprehensive business plan, can show realistic prospects for profitability, etc. The trusts should be used to encourage an entrepreneurial spirit paired with an ethical business that is created for the purpose of using one's unique skillset to love God and love others fully.

It is our intent that as our children and their descendants mature, they will benefit on a more conservative basis until such time they have shown that they will become useful and productive members of society. Trustees should accept future advice and guidance from older generations to determine the advisability of enhancing benefits for any younger generations.

SPECIAL EVENTS

USE:

OTHERS

Useful Person. We want our descendants to become useful, contributing members of society who have equipped themselves to handle property intelligently and to discharge family obligations. Therefore, trust fund assets, beyond the essentials, should not be used to support a descendant of ours in intentionally unproductive, overly self-indulgent, self-destructive, immoral, or anti-social lifestyles. Additionally, if a descendant is involved in a destructive behavior, such as drug or alcohol abuse, or if a beneficiary engages in and is convicted of criminal activity of a felonious nature, the Trustee should protect the assets of the trust from such a destructive descendant, but may use funds of the trust to aid in the rehabilitation and treatment of the descendant.

Work Ethic. It is our belief and wish that any descendant who receives support, beyond that for education and health, should work in his or her chosen field of endeavor, whether that is in the fields of real estate, business, science, law, the arts, raising a family, charitable functions, or other fields. We wish our descendants to engage in “quality work,” such as a career of their choosing and not predicated on the relative income or perceived importance of such a career. This work can be defined as employed by others or self-employed. It is important for descendants to learn and appreciate that a true calling and the associated work ethic can lead to one of life’s greatest rewards. Otherwise, it will be easy for one to fall into the trap of mistaking a life of privilege and idleness for the fulfilling and rewarding life a passionate career or calling can offer.

Family Legacy. Accordingly, the trusts should be administered to allow greater support or rewards for those descendants who become useful, contributing members of society, as opposed to descendants who voluntarily choose unproductive lifestyles. It is the intent of the Grantor not to allow any descendant or descendants to squander the assets of the trusts for their own benefit to the detriment of future generations, whether intentional or unintentional, through negligence, fraud, ignorance, etc.

Guidance Regarding Trust Acquisitions and Distributions for Ideal Beneficiary. A typical scenario for a descendant who has become a useful and productive member of society would include providing a residence and associated maintenance, improvements, property taxes, etc., on an incremental basis, starting from a lower-end residence (approximately ____% of the median residence price within that geographical region) in his or her 20s to a higher-end residence (approximately _____% of the median residence price within that geographical region) in his or her 40s. If the descendant wishes to further elevate the residence to a higher value through joint participation with the trust, the trustees should work with that descendant to assure their dreams and aspirations are met. This guidance should be interpreted quite liberally and not necessarily viewed as fixed ratios to allow for varying conditions such as family size, quality of life, maturity, responsibility, etc.

BUILDING YOUR TRUST DOCUMENT

A trust is a document that will guide how assets will be distributed both during the life of a grantor and to their beneficiaries after the grantor has passed.

The steps to take to have a completed Trust document.

01

Gather a list of assets to be included in the trust.

Examples: Real estate property, personal property (furniture, artwork or sentimental belongings), financial assets (bank accounts, stocks, and retirement), life insurance policy

02

Answer the following questions:

- 1) Who will be the beneficiary(ies)?
- 2) How and when do you want the assets distributed?
- 3) Who will be the trustee?
- 4) Who would be the successor trustee?

03

Ensure that the assets are re-titled into the trust.

PROVIDED TO YOU BY:

LEGADO FAMILY

Our mission is to help build
stronger families.

[MORE INFORMATION](#)



Once completed if you need any
virtual family services reach out to:

[TheWay2Wealth®](#)



www.LegadoFamily.com