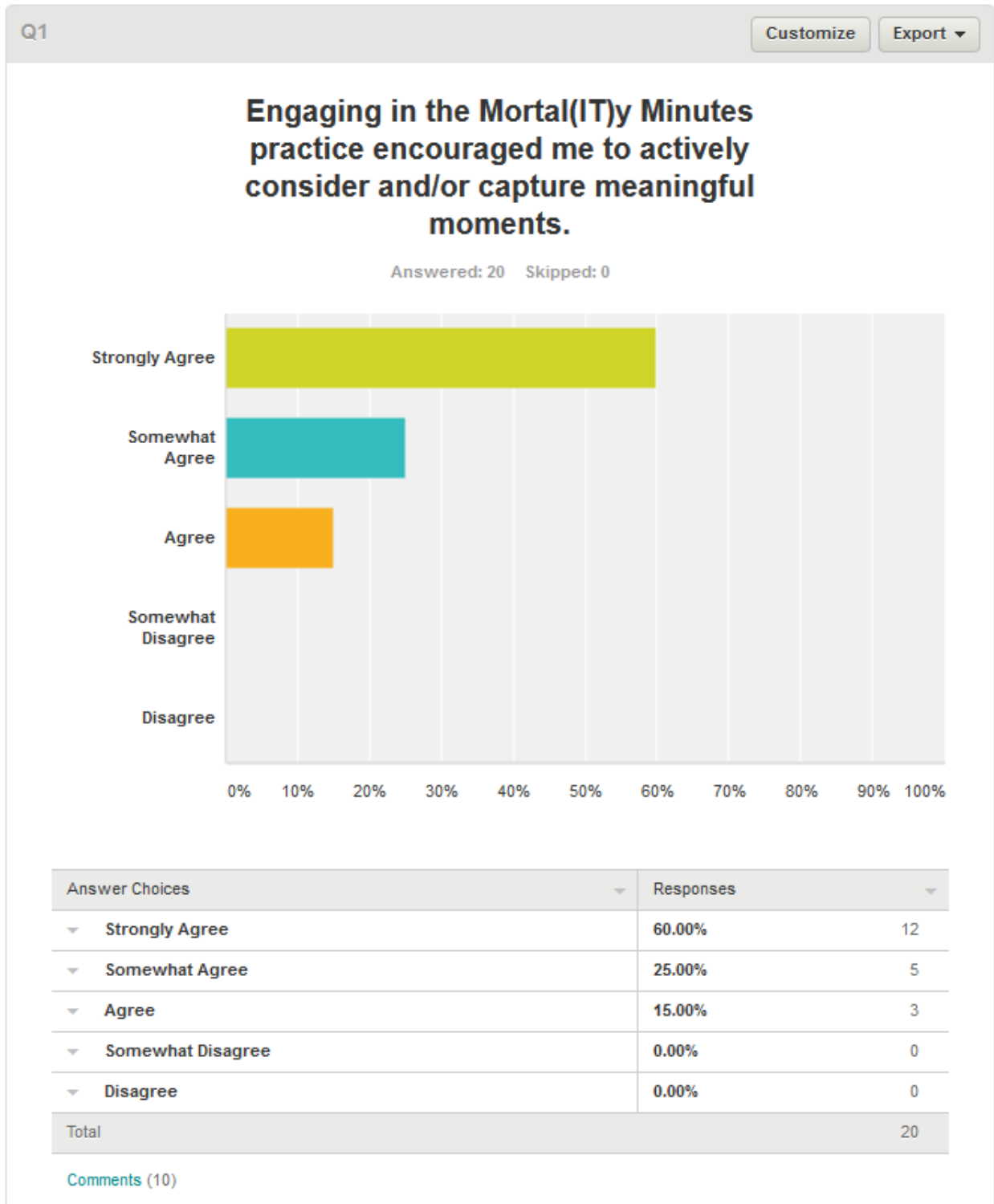


Mortal(IT)y Minutes Prototype Survey Responses



Question 1 Comments:

Near the end of the five day period, I was having more meaningful thoughts and even conversations. I think as I extend the practice, it would become even more meaningful. Most of the time period was spent adapting to the process.

7/28/2016 12:43 PM [View respondent's answers](#)

It definitely allows you the opportunity to stop and reflect on your day. Typically I would unwind at the end of the day, but having those set times set aside was great for refocusing on priorities as well as reflecting back.

7/28/2016 9:07 AM [View respondent's answers](#)

These questions made me think in depth instead of just on the surface. I believe most people avoid thinking about death and find it scary. These are very easy but important questions.

7/28/2016 8:46 AM [View respondent's answers](#)

I had to adapt a bit depending on my day but set reminders in my phone and either wrote down my thoughts at the time or have a time of reflection and writing at the end of the day about my meditations throughout the day.

7/26/2016 8:31 PM [View respondent's answers](#)

As I am sitting on our patio, with my family, I am thinking how grateful I am. And then think, I will miss these times together. And then I think, they will miss me at times like this! Layers, layers and more layers....

7/26/2016 4:22 PM [View respondent's answers](#)

Definitely got me thinking about the things I've already done in my life, and how many things there are that I'd still like to accomplish.

7/26/2016 4:10 PM [View respondent's answers](#)

I thought of meaningful moments that I have had with loved ones who have passed.

7/26/2016 3:43 PM [View respondent's answers](#)

Considering your death allows you to focus on the pieces of your life that are important, and showing you how unnecessary certain thought patterns are for your life. You then become aware of how much those thought patterns hold you back. Then you consider changes that you may want to make in the way you think. What is meaningful about this moment?

7/26/2016 3:07 PM [View respondent's answers](#)

I only considered two of the questions, what would I miss and what would others miss. Each moment would have a different level of emotional reaction - sometimes a little, "aww that's too bad" to "oh fuck, that's horrible".

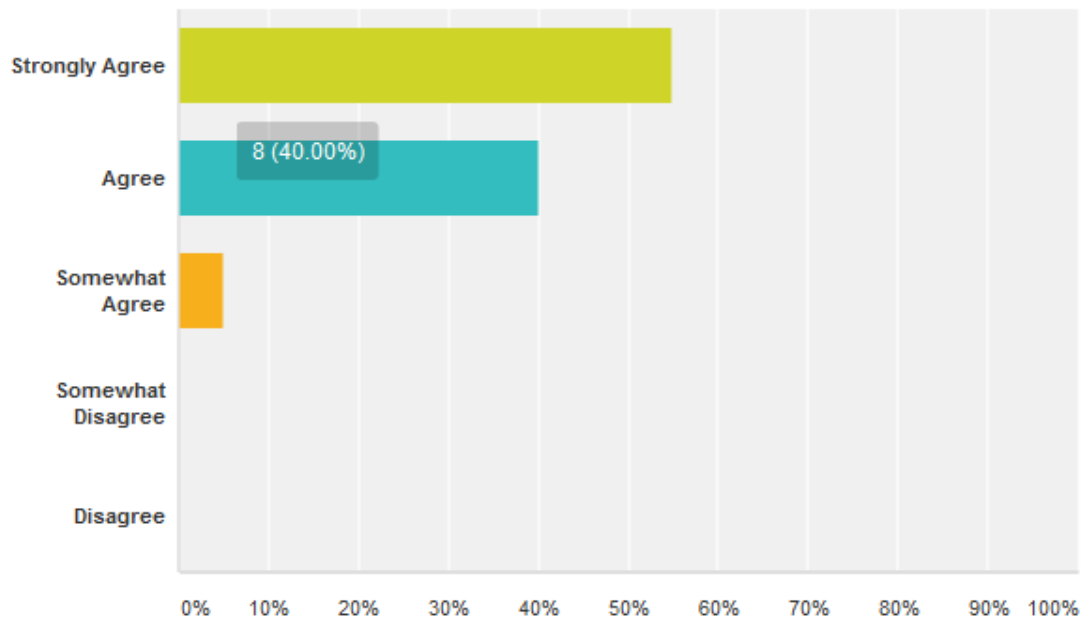
7/26/2016 1:58 PM [View respondent's answers](#)

When you think about these questions you evaluate what you want to leave behind, or what you want to experience before you go.

7/26/2016 11:43 AM [View respondent's answers](#)

This practice could potentially help me to live more fully and as a result, reduce unfinished business at death (by expressing my thoughts, feelings, living with gratitude, engaging in life, etc.)

Answered: 20 Skipped: 0



Answer Choices	Responses
Strongly Agree	55.00% 11
Agree	40.00% 8
Somewhat Agree	5.00% 1
Somewhat Disagree	0.00% 0
Disagree	0.00% 0
Total	20

[Comments \(9\)](#)

Question 2 Comments

I think being more conscious of the things that are important allow you to be more appreciative about the small things that you may overlook or take for granted. Whether or not it would change my long term behaviour or have the same impact on larger life events remains to be seen, but I think it definitely helps in the moment.

7/28/2016 9:07 AM [View respondent's answers](#)

These questions not only made me think about me, but the other friends and family in my life. People generally don't think about the effect their death has on other people and what the person wants to be remembered for. This was a neat question.

7/28/2016 8:46 AM [View respondent's answers](#)

I felt I needed to adapt some of the questions or that the questions might change somewhat with age. As I got into the habit of reflecting I found I was having some interesting insights between meditations on how I might interpret the questions.

7/26/2016 8:31 PM [View respondent's answers](#)

I appreciated and welcomed my phone chiming every three hours throughout the day. It brought me to death at least five times a day. I was riding my bike with my daughter one night, my family another, and I realize how precious these moments out in nature enjoying the sunset as we peddle around the lake are. These are memories created that could bring great comfort if I were to die, or one of them were to die. I could see having conversations with the dead as I am peddling around! I would hope my family would feel me close and it would bring comfort to them.

7/26/2016 4:22 PM [View respondent's answers](#)

While I only had a brief opportunity to work on this practice, I think that with ongoing reflection it would prompt me to dig deeper, and want to capture more.

7/26/2016 4:10 PM [View respondent's answers](#)

I believe it is very important to reduce unfinished business at death. I am trying very hard to deal with feelings in the moment. I don't want anyone to question the way I feel about them when I die.

7/26/2016 3:43 PM [View respondent's answers](#)

Considering your funeral or death is probably the best technique in making someone more present in the moment.

7/26/2016 3:07 PM [View respondent's answers](#)

I'll see what happens when I consider all 5 of your question options.

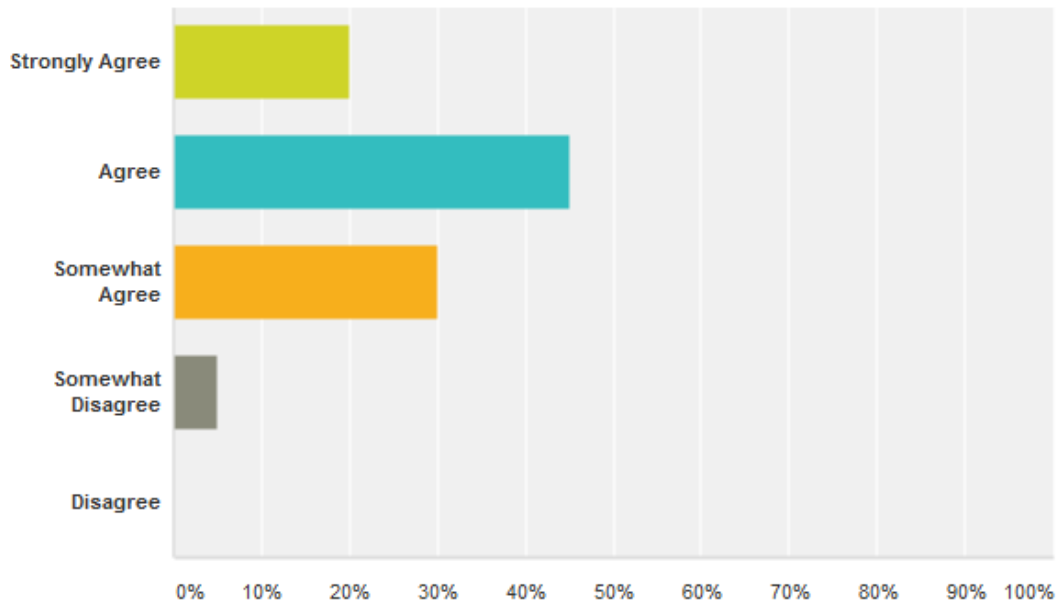
7/26/2016 1:58 PM [View respondent's answers](#)

With a busy lifestyle its hard to stop and think about anything other than getting done what you need to. This forced to think more about getting done what I WANT to.

7/26/2016 11:43 AM [View respondent's answers](#)

The opportunity to reflect on mortality throughout the day has increased my level of comfort with impermanence.

Answered: 20 Skipped: 0



Answer Choices	Responses
Strongly Agree	20.00% 4
Agree	45.00% 9
Somewhat Agree	30.00% 6
Somewhat Disagree	5.00% 1
Disagree	0.00% 0
Total	20

[Comments \(10\)](#)

Question 3 Comments:

I would choose neutral if it was an option. I don't know if it's increased my comfort level, but it's definitely made me more aware of the finite nature of my relationships with others.

7/28/2016 9:07 AM [View respondent's answers](#)

I think our culture fears death when we really shouldn't. I think these questions make you think about living your life well so you don't have regrets in the end.

7/28/2016 8:46 AM [View respondent's answers](#)

I'm divided on this question. I feel that taking the opportunity to reflect on my own mortality increases my level of comfort with impermanence, however taking the time to contemplate mortality in the world around me or the mortality of others makes me less comfortable. I don't know why, especially since I believe in an afterlife. Believing in an afterlife would imply that I believe nothing is truly lost upon death but I still can't get away from the fact that deep down I feel that I am losing more when others around me pass away.

7/27/2016 11:21 AM [View respondent's answers](#)

As a mother to 2 small children, it is difficult to contemplate impermanence. Living a full life, and capturing those moments for them give me a greater sense of peace when I think about my inevitable mortality. It's important to me that my kids are connected to their relatives, even the ones who died before their birth and this practice inspires me to put together a more concrete legacy for them rather than relying on a few pictures and my stories.

7/26/2016 11:02 PM [View respondent's answers](#)

Has not changed too much. Perhaps past experiences have moulded my perspective on impermanence, but the opportunity to reflect brought questions about what impermanence meant to me and where I apply it in life.

7/26/2016 10:40 PM [View respondent's answers](#)

I have some new questions about death and am curious about being in the presence of someone as they die.

7/26/2016 8:31 PM [View respondent's answers](#)

Although I've not really been concerned with impermanence before, I haven't spent a lot of time considering the effects it would have on those that I care about once I'm gone.

7/26/2016 4:10 PM [View respondent's answers](#)

Reflecting on mortality combined with reflecting on the power of the present moment increase my comfort level.

7/26/2016 3:07 PM [View respondent's answers](#)

I still have a ways to go - not as much as my father, but work is still needed.

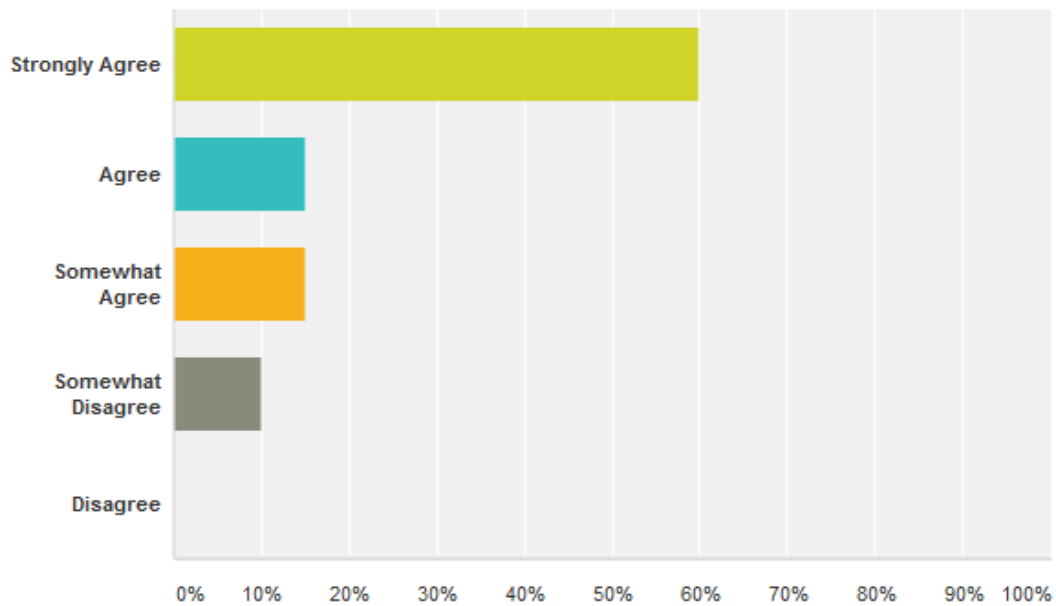
7/26/2016 1:58 PM [View respondent's answers](#)

As it's been a few days it's hard to answer this question but I find there will always be some level of discomfort and fear around death and running out of time. Thinking about these things more often helps relax that fear a bit but getting into those deep thoughts still brings you into a sad state so I had to make sure I was in a spot I could quietly reflect in private.

7/26/2016 11:43 AM [View respondent's answers](#)

Contemplating death increases my desire to deepen relationships (with self, loved ones, community, earth, ancestors, future generations, etc.). Please specify which relationships in the comments below.

Answered: 20 Skipped: 0



Answer Choices	Responses
Strongly Agree	60.00% 12
Agree	15.00% 3
Somewhat Agree	15.00% 3
Somewhat Disagree	10.00% 2
Disagree	0.00% 0
Total	20

[Comments \(19\)](#)

Question 4 Comments:

During the five day period, I spent more time with family and friends than I would have on average. This decision was directly related to thinking about mortality.

7/28/2016 12:43 PM [View respondent's answers](#)

This exercise was great in acknowledging the little things that people do for you and how you can take it for granted. Example: Mother I just assume that she is supposed to do things without every showing my actual gratification other than a thanks or a sarcastic comment. By writing things down, it made me less critical and more appreciative of those small gestures.

7/28/2016 9:07 AM [View respondent's answers](#)

These questions made me deepen my relationships with my loved ones , ancestors, future generations and the earth. I want my loved ones to never question the love I have for them. I really love looking into my ancestors and hope one day my future relatives look into me and say wow what a fulfilled life I lived. The earth had always fascinated me, I learn new things everyday that fascinate me and these questions really made me think about the earth and where we may go after we die.

7/28/2016 8:46 AM [View respondent's answers](#)

This specifically increase my desire to deepen my relationships with family, loved ones, my community and career.

7/27/2016 11:21 AM [View respondent's answers](#)

Perhaps, it encouraged me to be more present with these relationships, especially loved ones and the earth. I guess that is a way to deepen them, but it felt like I could feel their finiteness and that made them more precious.

7/27/2016 12:24 AM [View respondent's answers](#)

This has deepened my relationships with my loved ones (especially my older family members), as well as my connection to the earth. I feel more aware and connected since the short period of time I have partaken in these exercises.

7/26/2016 11:31 PM [View respondent's answers](#)

All of the above.

7/26/2016 11:02 PM [View respondent's answers](#)

Reflection made me acknowledge those who are important to me, but it also made me feel lonely

7/26/2016 10:40 PM [View respondent's answers](#)

I enjoyed sharing what I would miss about others in their death. I also enjoyed the awareness of what I appreciate in life - many things were very simple and subtle. The questions relating to legacy were the most difficult as I don't expect to have friends or family that outlive me to pass along a legacy to. I did connect with the sense of my personal story of my life and had insight on the importance of living a life that reflected who I am, my passions.

7/26/2016 8:31 PM [View respondent's answers](#)

Myself My family My loved ones

7/26/2016 8:02 PM [View respondent's answers](#)

Family

7/26/2016 6:34 PM [View respondent's answers](#)

All the ones you listed.

7/26/2016 5:29 PM [View respondent's answers](#)

I really am thinking more and more of my legacy I would love to leave behind for my family, community and the planet. When I die, I will have impacted the planet this way.... Is such a good question! The VR is a big piece to this. I could see myself sharing spiritual practices I love and want to share. Rituals I do. Workshops I give. Even conversations shared.

7/26/2016 4:22 PM [View respondent's answers](#)

Most importantly my immediate family, followed by my closest friends and family after.

7/26/2016 4:10 PM [View respondent's answers](#)

All of the above.

7/26/2016 3:43 PM [View respondent's answers](#)

This along with contemplating the oneness of everything... That we are all connected and part of the cycle of life and death. There is actually a lot to contemplate all the time...

7/26/2016 3:07 PM [View respondent's answers](#)

I still don't like people.

7/26/2016 1:58 PM [View respondent's answers](#)

My biggest desire is to deepen my relationship with my husband. I want him to be proud of me and the life we've built (will build) together before I go. Family relationships especially with grandparents to create memories while they are here. Lastly, with my self as I want to leave here with a free soul without regrets.

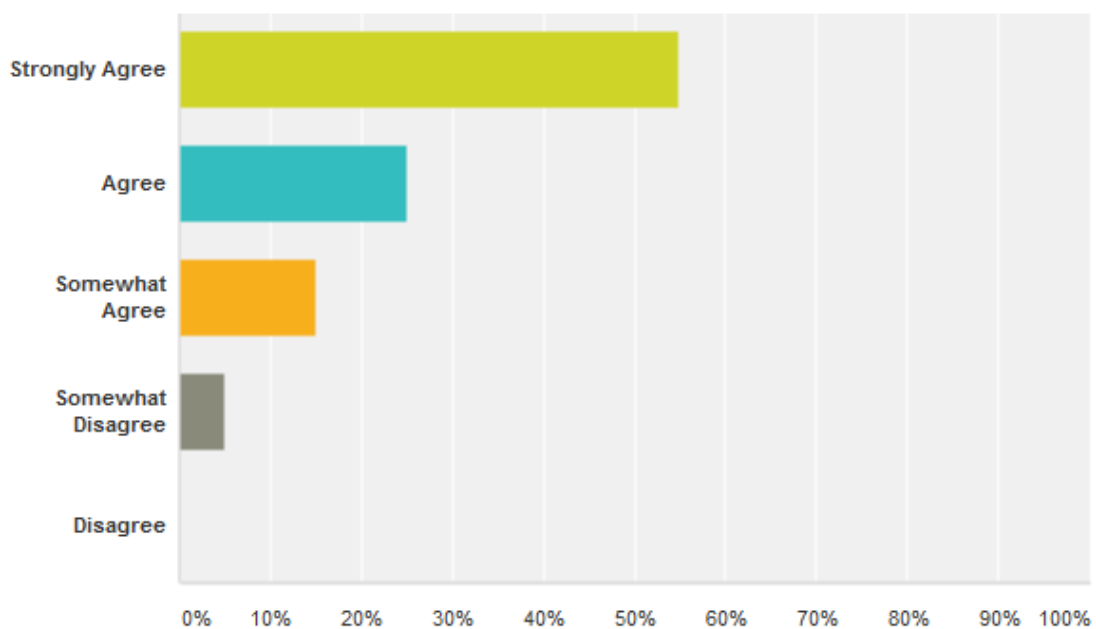
7/26/2016 11:43 AM [View respondent's answers](#)

Self, family, community

7/26/2016 10:50 AM [View respondent's answers](#)

I can see this practice as a useful first step to help contemplate, capture, and curate an immersive/interactive legacy that could be used as a means of connection with my loved ones and future generations after my death.

Answered: 20 Skipped: 0



Answer Choices	Responses
Strongly Agree	55.00% 11
Agree	25.00% 5
Somewhat Agree	15.00% 3
Somewhat Disagree	5.00% 1
Disagree	0.00% 0
Total	20

[Comments \(8\)](#)

Question 5 Comments:

In terms of immediate relationships, I think this is great exercise at capturing emotions and feelings. For future generations, context may be lost and I could see things maybe being misinterpreted. Overall I think it would have an impact as it would allow people to understand how people are thinking and not necessarily what they did.

7/28/2016 9:07 AM [View respondent's answers](#)

I believe that these questions really make you think about what you want others to remember you by. This is important because this really is your legacy. If you don't think about this your legacy won't be strong and stand out to the future generations. You really need to think about what you want to be remembered for and live that way.

7/28/2016 8:46 AM [View respondent's answers](#)

As well I think that it would be a great way to teach personal lessons learned to future generations through the eyes of those who came before them.

7/27/2016 11:21 AM [View respondent's answers](#)

I see how this practice could be used to do this. I don't see myself curating a legacy. I have more of a focus of tying up the practicalities of my life (awareness of what and how much I collect / possession in life, arranging my will, etc.). I'm interested in a low impact death for any of friends or family who out live me. For the planet, the most meaningful impact I feel I can make in my death is to find the most environmental, natural way to return my body to the earth.

7/26/2016 8:31 PM [View respondent's answers](#)

See above for input to this too! If I were to die shortly, before my children married, had babies etc. I would love to have created a VR for their wedding day, birth of grand babies etc. All those special moments when you wish you could have been there, and when you are most likely really missed.

7/26/2016 4:22 PM [View respondent's answers](#)

I think the concept is excellent and can definitely see the value in it - especially as our culture moves more and more into the digital, sharing age.

7/26/2016 4:10 PM [View respondent's answers](#)

First step for sure.

7/26/2016 1:58 PM [View respondent's answers](#)

With a busy life we forget to capture the moments that mean most. Or we capture too much and don't take the time to reflect what's important, and what we care to remember or have other remember us for. Building a portfolio help you frame and choose what you leave behind. To tell your own story.

7/26/2016 11:43 AM [View respondent's answers](#)

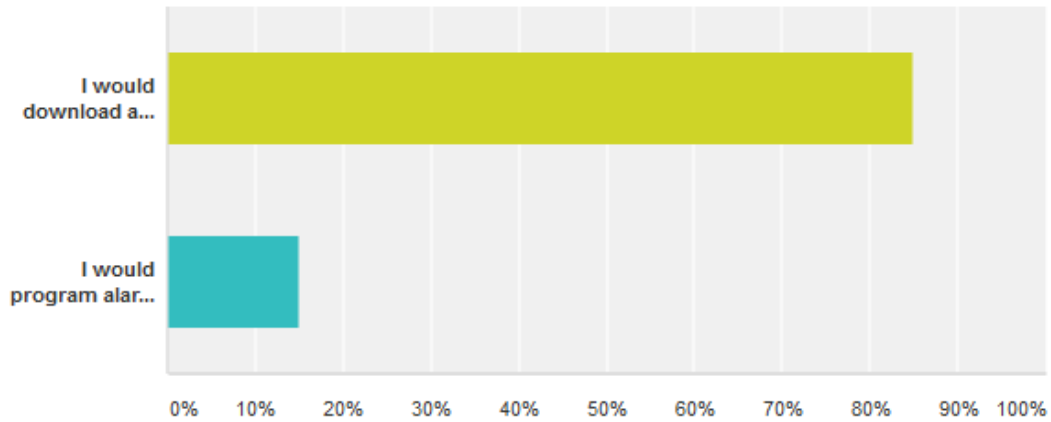
Q6

Customize

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If I were to continue the Mortal(IT)y Minutes practice, I would do so by:

Answered: 20 Skipped: 0



Answer Choices	Responses
▾ I would download a Mortal(IT)y Minutes App to give me reminders to contemplate death throughout the day.	85.00% 17
▾ I would program alarms into my phone to remind myself to contemplate death throughout the day.	15.00% 3
Total	20

[Comments \(7\)](#)

Question 6 Comments:

I programmed alarms for this period, but I would prefer to use an app.

7/28/2016 12:43 PM [View respondent's answers](#)

For me personally, I think personal reminders would be better for the mid-long term. App's generally have a short shelf life on my phone and it can be seen as a novelty. While I think an app would be a great way to start this, for it to be incorporated into my life long term, it needs to be a part of my daily routine.

7/28/2016 9:07 AM [View respondent's answers](#)

Apps are so convenient. I fee like I would ignore a reminder in my phone.

7/28/2016 8:46 AM [View respondent's answers](#)

I could see using either of these tools, but might want to reflect on the questions I would use.

7/26/2016 8:31 PM [View respondent's answers](#)

I would absolutely use app, if the chin sounded appealing and I had a choice of how often I wanted to hear it ring. It is such a great practice, though some times it's not the right time to have a chime go off! My family were aware of my alarm too, and at times would bring the phone to me with the message DEATH on it. Laughing, and I giggled because they inadvertainly thought of death in that moment too. It has a ripple effect for sure.

7/26/2016 4:22 PM [View respondent's answers](#)

I'd like to say that I'd set up my own reminders in my phone, but I probably wouldn't. Also I imagine that a dedicated app could provide additional content beyond simple alarm reminders.

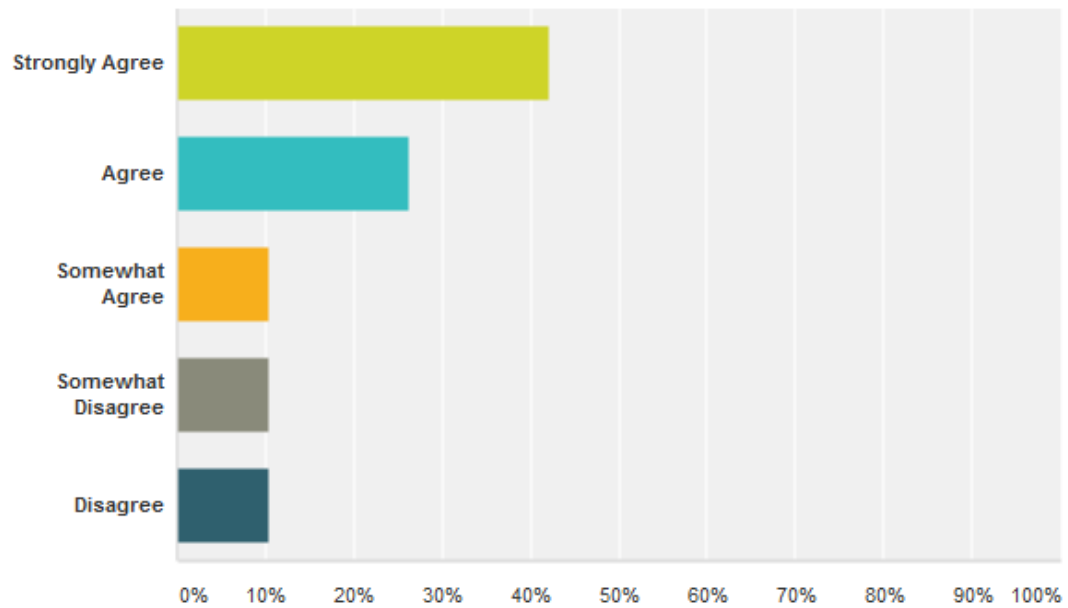
7/26/2016 4:10 PM [View respondent's answers](#)

I need my alarms for waking me up in the morning. These would get lost within that.

7/26/2016 11:43 AM [View respondent's answers](#)

The idea of using VR makes me more inclined to participate in the Mortal(IT)y Minutes practice.

Answered: 19 Skipped: 1



Answer Choices	Responses
Strongly Agree	42.11% 8
Agree	26.32% 5
Somewhat Agree	10.53% 2
Somewhat Disagree	10.53% 2
Disagree	10.53% 2
Total	19

[Comments \(7\)](#)

Question 7 Comments:

I think personal motivation and my general happiness to do so will always be my driver, but tools like this make it much more impact and less conceptual. With something so subjective any additional tools will only help.

7/28/2016 9:07 AM [View respondent's answers](#)

VR is so real, and therefore makes you think about dying. The fact that it is very real would make me more inclined to participate in the minutes practice.

7/28/2016 8:46 AM [View respondent's answers](#)

I'm picturing the movie Scrooge as I fill this out...

7/26/2016 10:40 PM [View respondent's answers](#)

The six questions you gave to contemplate were a great springboard to go deeper with every opportunity my alarm went off. Today I am thinking of planting a chakra garden and wouldn't it be wonderful to share a VR of my intention and experience behind how this was created, walking around the garden and knowing my loved ones and generations to come may feel comforted and or inspired by this time we shared together.

7/26/2016 4:22 PM [View respondent's answers](#)

I love the concept of VR but worry that just like '3D TV' it could be more of a tech fad than something more permanent. I hope not, but it's something that would be on my mind. If I were to produce content for a VR environment - how would I guarantee that future viewers would be able to access and view it if the hardware goes out of date/fashion and is replaced with something else?

7/26/2016 4:10 PM [View respondent's answers](#)

My mom keeps asking me for scrapbooks at Christmas but I always feel that she has already seen the photos I am putting in them. It would be nice to give parents and loved ones it's built.

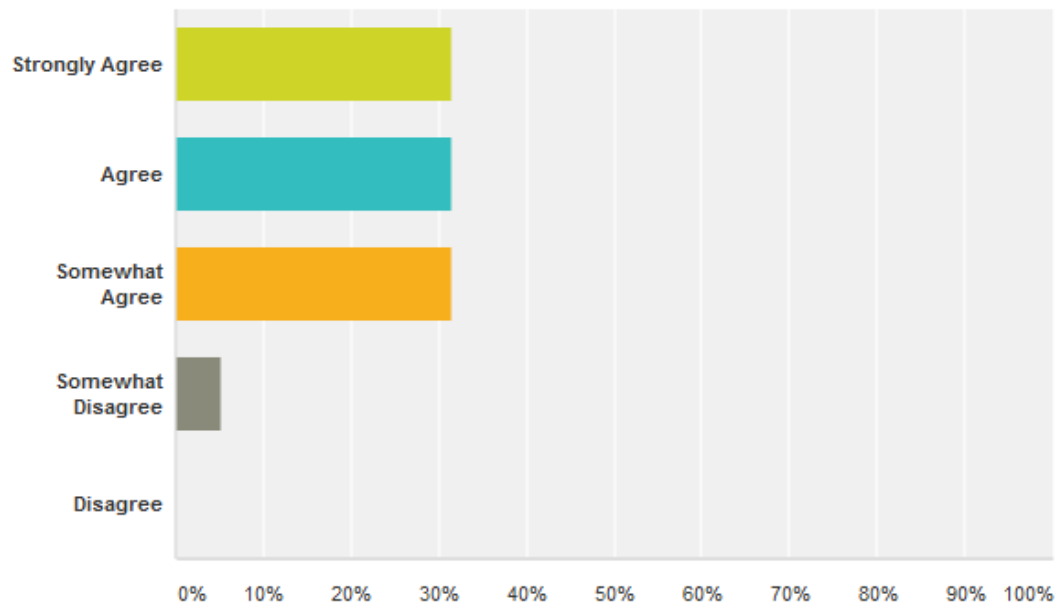
7/26/2016 3:07 PM [View respondent's answers](#)

Even if the questions are framed to your own desires of what you want to capture, I think it's a great idea that provides structure and a "template" to do so.

7/26/2016 11:43 AM [View respondent's answers](#)

I would periodically compile my most meaningful experiences in order to curate my legacy in a VR environment.

Answered: 19 Skipped: 1



Answer Choices	Responses	Count
Strongly Agree	31.58%	6
Agree	31.58%	6
Somewhat Agree	31.58%	6
Somewhat Disagree	5.26%	1
Disagree	0.00%	0
Total		19

[Comments \(8\)](#)

Question 8 Comments:

Depending on how and what is captured, absolutely. To be able to capture emotions and feelings would be amazing to look back on.

7/28/2016 9:07 AM [View respondent's answers](#)

Absolutely! How amazing would it be to show family my experiences that mean something to me!

7/28/2016 8:46 AM [View respondent's answers](#)

I struggle with the idea of a VR. I was thinking I might journal or organize photos that tell the story of the meaningful events in my life. I felt more inclined to shared beautiful shared experiences with the friends who were part of those moments in either writing, photos or both. A blog?

7/26/2016 8:31 PM [View respondent's answers](#)

I think this would be a work in progress. Can you imagine what could be accumulated in 50 years. What an incredible time capsul! It reminds me of the movie The Giver in a way too, how he held the stories of his people. Also how he transferred his teaching to his student.

7/26/2016 4:22 PM [View respondent's answers](#)

As someone who enjoys creating videos anyway, this would be of immense interest to me.

7/26/2016 4:10 PM [View respondent's answers](#)

I feel like I am spread so thin sometimes.

7/26/2016 3:07 PM [View respondent's answers](#)

I'm not sure I'd be aware enough to know what aspects of my life were going to be meaningful. Takes more planning than just living.

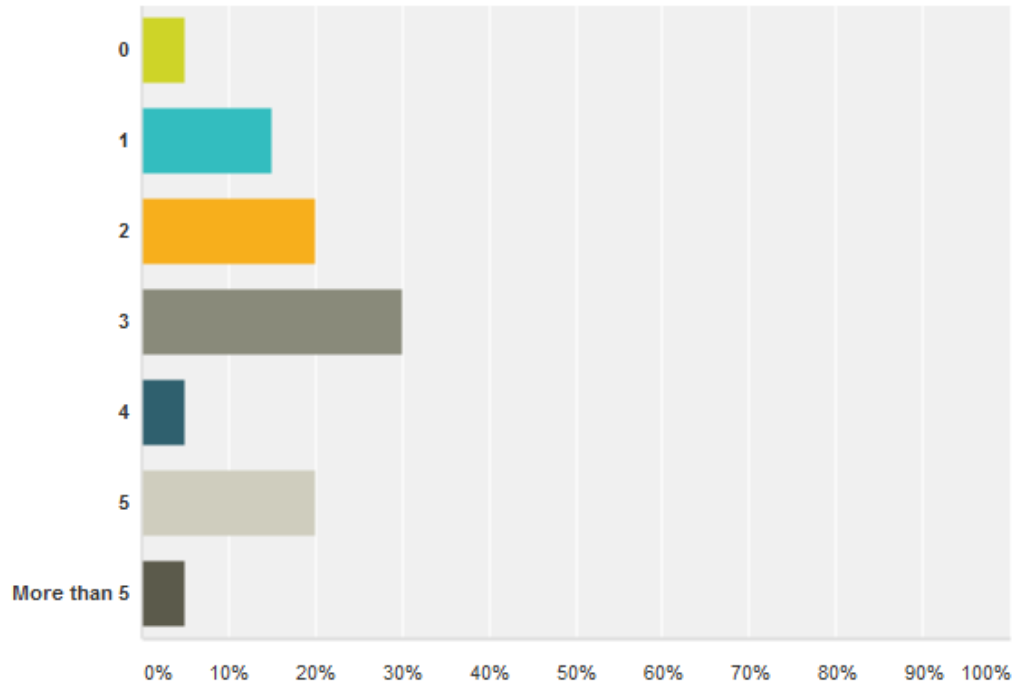
7/26/2016 1:58 PM [View respondent's answers](#)

I hope that I would keep up with it and remember too. Which is why the app would be a good idea for compilation reminders in addition to the daily reflection.

7/26/2016 11:43 AM [View respondent's answers](#)

In general, I reflected on death _____ times a day.

Answered: 20 Skipped: 0



Answer Choices	Responses
▼ 0	5.00% 1
▼ 1	15.00% 3
▼ 2	20.00% 4
▼ 3	30.00% 6
▼ 4	5.00% 1
▼ 5	20.00% 4
▼ More than 5	5.00% 1
Total	20

[Comments \(10\)](#)

Question 9 Comments:

I found it difficult to find the time and commitment to think about it five times a day, but I probably achieved an average of 3 times. It became more natural the longer i participated.

7/28/2016 12:43 PM [View respondent's answers](#)

I don't know how often I actually reflect on my own death, but I do think of people that have passed on a daily basis.

7/28/2016 9:07 AM [View respondent's answers](#)

Now that I've participated I probably think about it more.

7/28/2016 8:46 AM [View respondent's answers](#)

Distractions in life

7/26/2016 10:40 PM [View respondent's answers](#)

Although some of the questions would resurface in the day or when I went to sleep.

7/26/2016 8:31 PM [View respondent's answers](#)

Perhaps it's where I am at in this moment of my life, death is for most in my mind. It is everywhere in my life. I am studying Death Midwifery. I am apart of Healing Council. Working with Crow In a Row on my own death. Even a death is showing up with my food And how I am with it! Go figure! It has brought me great comfort to be with death. To plan my own death, thinking about my wishes, and more importantly, knowing I am helping my loved ones through their grieving process. Thinking about death keeps me here and present in my daily living too. I am also aware of legacy ideas, and feeling very creative around that. And our beautiful planet and all beings on it, I am now aware of my footprints, and really contemplating choices of my actions, now and when I die, and finally long after I am gone.

7/26/2016 4:22 PM [View respondent's answers](#)

I wanted to consider it more often but to be honest got busy/didn't remember most days. I'd definitely need something poking and prodding me to take a moment to sit and reflect. Also I'm not sure about 5 times a day, every day. I would think that after a while I'd run out of 'new' things to think about.

7/26/2016 4:10 PM [View respondent's answers](#)

This was fun and brought a lot of insight into how I feel about mortality and the areas I need to work on now. Thank you for including me!

7/26/2016 3:43 PM [View respondent's answers](#)

Specifically and consciously.

7/26/2016 1:58 PM [View respondent's answers](#)

I instead took some time away for myself and thought about all the questions in one or two sittings (day and evening).

7/26/2016 11:43 AM [View respondent's answers](#)

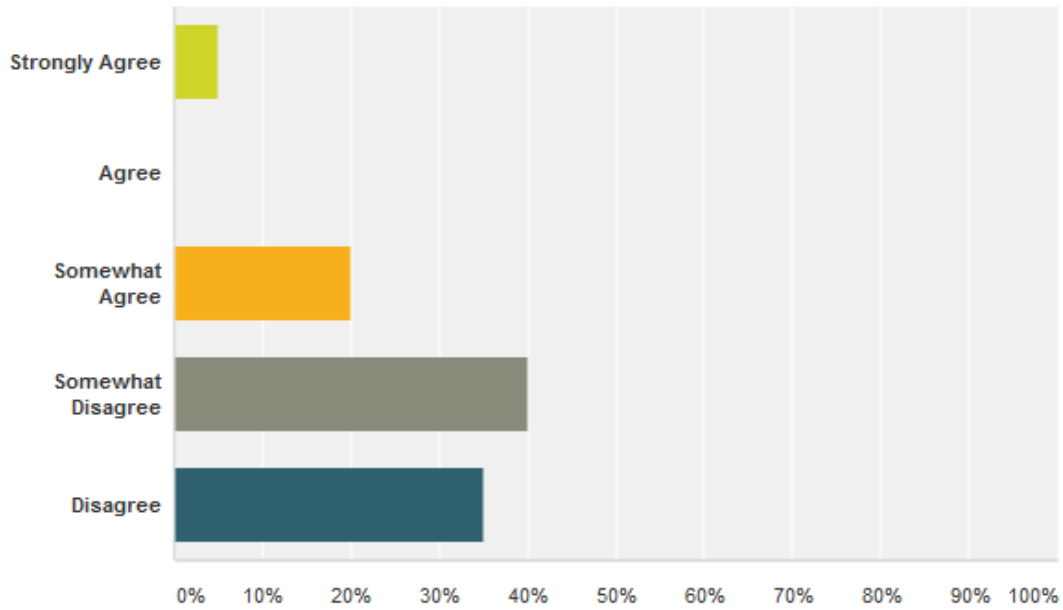
Q10

Customize

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It was emotionally difficult, in a prohibitive way, to think about death.

Answered: 20 Skipped: 0



Answer Choices	Responses
Strongly Agree	5.00% 1
Agree	0.00% 0
Somewhat Agree	20.00% 4
Somewhat Disagree	40.00% 8
Disagree	35.00% 7
Total	20

[Comments \(9\)](#)

Question 10 Comments:

I can see how others would struggle with this, but I personally had no issue. For someone new, this is a great exercise to get that thought process started.

7/28/2016 9:07 AM [View respondent's answers](#)

I think death isn't as scary as our culture makes it. I believe that these questions really makes you want to live your life better and therefore death is not so scary.

7/28/2016 8:46 AM [View respondent's answers](#)

I feel that these topics were hard to contemplate but it's likely because most of us are instinctively programmed to fear death. I think this is natural as the fear of death is primal survival mechanism. In modern North American society we are also taught to fear death and the general consensus among most is to not "waste" too much time thinking about or preparing for it as "living life" has a higher priority. I feel that the attitude today is that if you do the bare minimum to get your financial affairs in order prior to the event of your death you are likely further ahead than 60% of the population. I don't feel this is right because people forget about preparing for the emotional tolls that your death will take on those around you. What you guys are doing is very important work and would have a lot of value to people who are dealing with the emotional tolls from the death of someone else.

7/27/2016 11:21 AM [View respondent's answers](#)

When I've been touched by death, I become very mindful of strengthening relationships and living fully. I appreciate every experience, even the mundane things. Without fail, this awareness begins to fade and I fall back into just getting through the day until something tragic reminds me of this gift of life. I can see this daily mindfulness being an excellent tool for a richer life.

7/26/2016 11:02 PM [View respondent's answers](#)

Although I was challenged by some of the questions. Not much arose.

7/26/2016 8:31 PM [View respondent's answers](#)

I noticed my family had very different degrees of embracing this idea of thinking of death five times a day. My husband being interested though he would most likely not do the practice. Our oldest daughter sharing she had never thought of that and was intrigued. Our son laughing and reminding me I should carry my phone around when my alarm goes off so much! And our youngest daughter really quite uncomfortable with death conversations. She thinks I am an odd duck and loves me for it! I have had conversations with my family individually about my death. Gently planting seeds, checking the water, seeing how far to go in each conversation. How three children can be so different in their readiness is mind boggling, considering their exposure they have had. Saying this, it also reflects their maturity, life experiences, and how tender hearted they are too.

7/26/2016 4:22 PM [View respondent's answers](#)

Knowing we have an expiry date has never really been something that has kept me up at night.

7/26/2016 4:10 PM [View respondent's answers](#)

Not prohibitive, but at times emotionally difficult.

7/26/2016 1:58 PM [View respondent's answers](#)

Very. As mentioned, I felt I had to do this in private. Would take some getting used to, to make this a daily habit as right now I have to find time in the day to be alone to do so.

7/26/2016 11:43 AM [View respondent's answers](#)
