
Figuring Out Your Why

Estate planning looks different for everyone. The questions below are designed to help you explore your motivations and create a giving plan that reflects your 5 “P’s” and what matters most to you.

When you think about impact, what matters most?

- Supporting groundbreaking diabetes research.
 - Helping people with diabetes live healthier, longer lives.
 - Promoting education, advocacy, and access to care.
 - Investing in future scientists, clinicians, and caregivers.
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When you think about giving, what feels right?

- Making a lasting impact without affecting my current finances.
 - Using tax-efficient strategies whenever possible.
 - Keeping my giving simple and flexible.
 - Aligning my generosity with my long-term financial plans.
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When you think about family and loved ones, you want to:

- Prioritize family while supporting causes I care about.
 - Leave clear instructions to prevent confusion later.
 - Balance personal legacy with charitable impact.
 - Keep options open as life evolves.
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When you think about your legacy, you hope it will:

- Reflect my values and life experiences.
 - Continue supporting the ADA’s important work beyond my lifetime.
 - Help create a healthier future for generations to come.
 - Be meaningful, thoughtful, and lasting.
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When you are clear on your “Why,” but not your “How,” we can help.



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The Five “P’s” of Estate Planning

If you’ve been thinking about creating or updating your will but aren’t sure where to begin, take some time to consider your wishes using the **Five “P’s” of estate planning**.

1. People in your life for whom you feel responsible and whom you wish to remember.

2. Property you own, such as your home, vehicles, retirement accounts, investments, and personal belongings.

3. Plans for your assets, including specific amounts or percentages you would like each person to receive. You may also choose to support charitable organizations that have been meaningful to you, such as the American Diabetes Association.

4. Professionals you want to consult, including your attorney, accountant, and/or financial advisor.

5. Peace of mind knowing that your plans reflect your values and that your legacy will continue to advance diabetes research, advocacy, and care, offering hope to millions affected by diabetes now and in the future.

Your long-term estate and financial plans deserve careful consideration. If you have questions, we encourage you to contact our Planned Giving team or your trusted advisor.

