

## **STEP ONE: Thinking**

The following questions are to help you begin the process of thinking about your values. Knowing our values helps us to plan for our end-of-life.

1. Who are the most important people in your life? What do you want them to know about your life and death?

2. What is important in your day-to-day life? (Ex. being outside, reading, spirituality, community activities)

3. What is important about your overall health? (Ex. being independent, eating, movement)

4. What worries you about dying? (Ex. Pain, being alone, prolonging life)

5. What are your beliefs about dying?

6. How and where would you like your death to be? Who would you like there? Is there anything special about your surroundings?

7. Who would you like to speak on your behalf, if you cannot speak for yourself?