



WORRY-FREE WEDNESDAYS

Values Worksheet: How important are the following?

	Low		High		
	1	2	3	4	5
Staying true to my values, spiritual beliefs and traditions.					
Having autonomy and making choices about my care.					
Preserving quality of life.					
Living as long as possible, regardless of quality of life.					
Letting nature take its course.					
Dying in a short while rather than prolonging life if I'm ill.					
Being conscious, even if uncomfortable and experiencing pain.					
Being slightly sedated, to avoid pain.					
Being independent.					
Aging in place.					
Being free of physical limitations or disabilities.					
Being mentally alert and competent.					
Leaving good memories for my family and friends.					
Contributing to medical research or teaching.					
Avoiding expensive care that doesn't extend quality of life.					
Leaving money to family, friends, and/or charity.					