

What's Most Important to You?

When you're busy coping with daily life, it can be hard to see the big picture. Think about what matters to you. This will help you set priorities, manage daily life, and plan for the future. Read each statement below. How important is it for you to do each of these things? Put a checkmark in the column that best describes your feelings. Keep in mind that your feelings may change with time, so revisit this chart every so often.

I want to:	Importance		
	Very	Somewhat	Not Very
Care for myself.			
Get out of bed every day.			
Continue with favorite hobbies or activities.			
Have energy to enjoy my children and grandchildren.			
Go out on my own.			
Spend time with family and friends.			
Travel and see new places.			
Manage my own expenses.			
Decide things for myself.			
Feel less anxious about my health.			
Stay in my home as long as I live.			
Live without a lot of pain.			
Live without needing machines or medical devices to keep me alive.			
Live as long as I can.			
Die peacefully and quickly if I'm very sick and have no chance of getting better.			

Other things that are important to me:
