



compassion & choices

Support. Educate. Advocate. Choice & Care at the End of Life.

Values Worksheet

The following are questions you may want to consider as you make decisions and prepare documents concerning your healthcare preferences. You may want to write down your answers and provide copies to your family members and healthcare providers, or simply use the questions as “food for thought” and discussion.

How important to you are the following items?

	Very Important			Not Important	
Letting nature take its course	4	3	2	1	0
Preserving quality of life	4	3	2	1	0
Staying true to my spiritual beliefs/traditions	4	3	2	1	0
Living as long as possible, regardless of quality of life	4	3	2	1	0
Being independent	4	3	2	1	0
Being comfortable, and as pain free as possible	4	3	2	1	0
Leaving good memories for my family and friends	4	3	2	1	0
Making a contribution to medical research or teaching	4	3	2	1	0
Being able to relate to family and friends	4	3	2	1	0
Being free of physical limitations	4	3	2	1	0
Being mentally alert and competent	4	3	2	1	0
Being able to leave money to family, friends, or charity	4	3	2	1	0
Dying in a short while rather than lingering	4	3	2	1	0
Avoiding expensive care	4	3	2	1	0

CONTINUED ON REVERSE