



What makes your life worth living?

Instructions: This exercise will help you think about and express what really matters to you. For each row, check (✓) one answer to express how you would feel if this factor, by itself, described you.

Life like this would be:

	Worth living	Barely worth living	Not worth living	Can't answer now
a. I can no longer walk but get around in a wheelchair				
b. I can no longer get outside - I spend all day at home				
c. I am in severe pain most of the time				
d. I have severe discomfort most of the time (such as nausea, diarrhea or shortness of breath).				
e. I rely on a feeding tube to keep me alive.				
f. I rely on a kidney dialysis machine to keep me alive.				
g. I rely on a breathing machine to keep me alive.				
h. I can no longer control my bladder.				
i. I can no longer control my bowels.				
j. I live in a nursing home.				
k. I can no longer think clearly – I am confused most of the time.				
l. I can no longer recognize family and friends.				
m. I can no longer talk and be understood by others.				
n. I am a severe financial burden on my family.				
o. My situation causes a severe emotional burden for my family (such as feeling worried or stressed time)				
p. Other (write in)				

Instructions: To help others make sense out of your answers, review this worksheet with your loved ones and health care providers.

Name: _____ Date: _____

Call Advance Care Planning if you need help starting the conversation (231) 935-7685