



Values History Worksheet

A values history tries to define what makes living worthwhile for you. Use the questions below to begin thinking about what kind of care you want to receive. Talk about your answers with family and loved ones and incorporate this information into an advance directive. Your answers can, and probably will, change with time. Come back to these questions periodically and reevaluate your responses.

Goals: What events do you want to witness or experience? What milestones do you want to reach?

My Value:

Independence: How self-sustaining do you need to be? What do you need to be able to do for yourself?

My Value:

Communication: How would you like to be able to communicate with others? What do you need to be able to express yourself and how do you need to express it?

My Value:

Religion: How important is it that your care adhere to a faith system?

My Value:

Pain: Is it more important for you to be pain-free or lucid? How would you like your pain to be managed?

My Value:

“Doing everything”: What does that term mean to you?

My Value:

Setting: Where do you want to receive care? Where do you want to spend your final days? Who do you want with you?

My Value:
