

# ACT



ACT (*Assess, Consider, Talk*) to help determine how your future will look. Completing the following exercises could help prepare you for the kind of future you desire.

## Assess

Before you can communicate your wishes and plan for your passage from this world, you first should thoughtfully consider how you would like to spend your final days.

Make a “bucket list” of the things you want to do or issues you would like to resolve before the end of your life. If you knew you only had 30 days to live, what would you want to do and say, and to whom?

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Assess what is important to you. If given the choice, where would you want to be at the end – at home or in a care community? Would you like people with you at the end and, if so, who?

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What type of service would you like and what is your preferred burial?

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