

Consider

One of the most important issues to consider is what you would want if you could not make decisions on your own.

Consider how you define quality of life. Would those closest to you understand your wishes? Why or why not? What were some of the defining moments of your life? What are you most proud of? What are your most important successes? Answering these questions may help reaffirm the meaning behind your life.

Consider who you would want to make decisions for you if you were unable to do so such as a family member and/or a person with power of attorney as well as a health care proxy. What would you want that individual to know?

Determine who you would want to receive any inheritance or valuables after you are gone.

Consider the details of what you would want for your funeral.
