



THE GIFT INITIATIVE

My Advance Care Plan

Personal Reflection Exercise

1. Three things I value most about my life are:

2. I hope that between now and the time when I die, I will have a chance to:

3. When I hear the phrase “good death”, I think of:

4. When I hear the phrase “bad death”, I think of:

5. The thing I worry about most when I imagine dying is:

6. I hope that when I am near death, I will: