



Checklist to Evaluate Your Dying Goals

TABLE 15.1: Evaluating Your Priorities for a Good Death: A Checklist

When you think about dying, rank how important each of these criteria might be to you as: (1) of utmost importance; (2) important, but not primary; or (3) relatively unimportant.

- _____ 1. Not being a burden to my family.
- _____ 2. Being at peace with death—that is, not being anxious about dying.
- _____ 3. Not being in physical pain.
- _____ 4. Having control over where I die—that is, being able to choose whether to die at home or in the hospital.
- _____ 5. Having control over how I die—that is, being able to choose whether to be kept alive through medical interventions or to die naturally. Being able to end my life if I am terminally ill and in great pain.
- _____ 6. Feeling close to my loved ones.
- _____ 7. Feeling close to God.
- _____ 8. Feeling that I have fulfilled my mission on earth or made a difference in the world.

Do your top-ranking priorities for dying tell you anything about your priorities for living?