1. START THINKING
   How do you want to live through the end of your life?

2. START TALKING
   “I’ve been thinking about my future, can we talk about it together?”

3. KEEP DISCUSSING
   This is not one conversation, it’s many conversations over a lifetime

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WHO TO TALK TO ABOUT YOUR END-OF-LIFE WISHES

**Loved Ones**
"I want to talk to you about my options and wishes for care at the end of my life."

"My preferences for end-of-life care have been evolving, and I'd like to update you on my care wishes."

**Healthcare Providers**
"Let's talk about the things that matter most to me so that we can make a plan for my end-of-life care."

**Spiritual Leaders**
"I've been thinking about the spiritual practices I'd like to incorporate in my end-of-life care."