

Questionnaire: What Matters Most to Me?

1. What matters most to me? (*What comes to mind first when I read this question? For example, is it my spouse or partner, family such as my children and grandchildren, my faith, my profession, my friends, a cause? When I read this list, which response resonates most for me?*)
2. What brings me joy? (*What wakes me up in the morning? What inspires me to keep going each day? What are the tasks, programs, activities I love? What restores me? What brings me hope?*)
3. What do I hate/I avoid?
4. What has helped me in the past to get through difficult times? (*What are my best coping mechanisms? Is it sleep/rest, avoidance, prayer, checking in with family, asking loved ones for help, calling a friend, trying something new such as a new hobby or skill, exercising, cooking, walking, or what?*)
5. Are there upcoming milestones (anniversaries, birthdays, graduations, vacations, births, celebrations) or dates that are important for me to be present for or important events I want to attend?
6. Who depends on me? What kind of things do I provide for those people? Are there other people who can take on these responsibilities if I am no longer here?
7. What scares me right now? (*What keeps me up at night?*)
8. What are the things I want people to know about me? (*Or in the words of Anne Lamott, what makes me “truly, entirely, wildly, messily, marvelously” who I was “born to be”?*)
9. What am I on earth? What is my purpose?
10. If I get through this time, what would I like to change about me, my life, my community, my world?