Values Conversation Starters

- **Family and Friends:** Meaningful connections with others, such as family members, friends, or romantic partners.
- **Community:** Helping others; giving and receiving support.
- **Spirituality:** Involvement in spiritual or religious activities.
  - Who are the most important people in your life?
  - How often are you able to see them?
  - What kinds of activities do you do together?

- **Productivity:** Doing things at home, work or in the community; contributing.
- **Personal Growth/Learning:** Learning and developing as a person.
- **Recreation:** Enjoyable activities, hobbies.
  - Which activities do you find so important and enjoyable that you can’t imagine living without them?
  - What does a good day look like for you? What could you do before that you would like to do now?
  - What do you do now that you’d like to be able to keep doing?

- **Health and Symptoms:** Ensuring best possible health; managing discomfort and symptoms.
- **Quality of Life:** Balancing the desire for maintaining how you feel today with the desire to live as long as possible.
  - What do you hope your health care can do for you?
  - In what ways do your health conditions and treatments limit your ability to do what matters?
  - What is more important to you - quality of life or living as long as possible?

- **Dignity:** Feeling respected and worthy.
- **Independence:** Managing self-care needs; living and moving independently and safely.
  - What kinds of actions are you able to do to take care of yourself?
  - What are you not able to do to take care of yourself?
  - When taking care of yourself, what is most important to you now?
  - How do you feel about asking for or accepting help?
  - What would you be doing if you were having a good day?