

Template: My Personal Values Statement

This is a personal guide to what matters most to me.

This is not a legal document, but a personal statement to guide my loved ones and carers. It is the foundation for my wishes and preferences.

My Name: [Your Name]

Date: _____

My Core Values

The principles that are most important to my sense of self and dignity are: (e.g., Independence, being connected to family, my faith, honesty, kindness, humour, safety)

1. _____
2. _____
3. _____

What a Good Day Looks Like for Me

To me, a good quality of life means being able to: (e.g., Have a conversation with my family, listen to my favourite music, sit in the garden, enjoy my meals, be free from pain)

What I Want to be Remembered For

I hope that my family and friends remember me for: (e.g., My love for my family, my sense of humour, my strength during tough times, my cooking, my generosity)

Signed: _____

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