

Conversation starters

Ideas to help you start

About me

Being able to is the most important thing to me.

For me, a life worth living is where I

..... is important for me to live well.

About life

What does a good day look like to you?

What's in your bucket list?

What do you value most in life?

About choices

I would want to make medical decisions on my behalf if I was unable to.

If happened to me, I would want

I was thinking about what happened to and it made me realise that