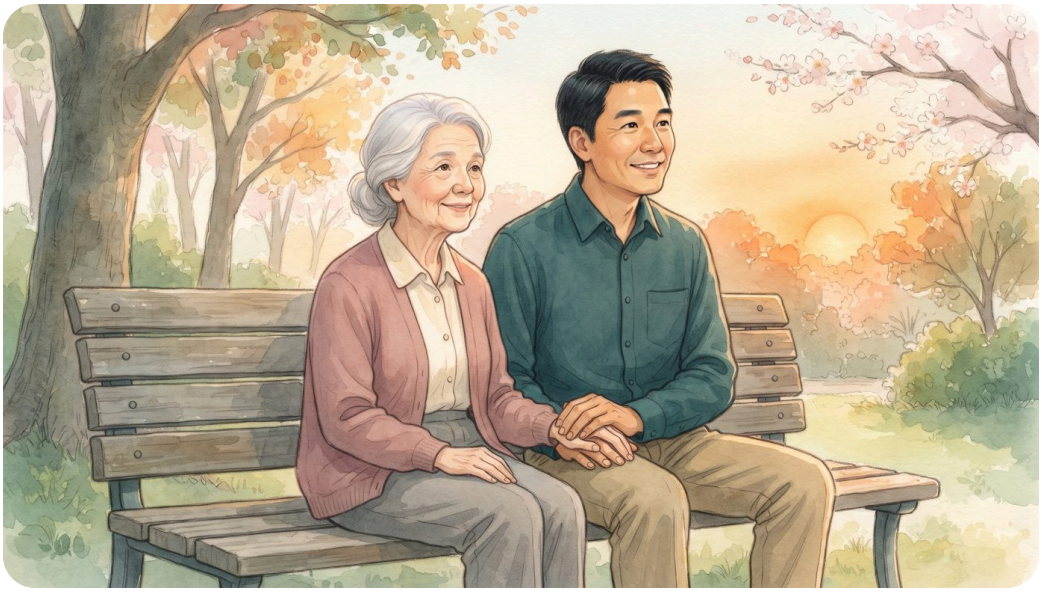
KOKUA MARKET · PLANNING WORKBOOK

# My Wishes

A gentle workbook to record what matters to you, so the people who love you never have to guess



寄り添う

Name: _____ Started on: _____

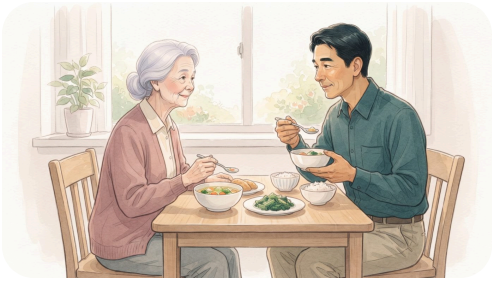
By Shibuya — a nurse in Japan for more than 30 years, now caring for patients with dementia

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BEFORE YOU BEGIN

# Why a wishes workbook?

Most families face hard decisions in a hospital hallway, tired and frightened, guessing what their loved one would want. This workbook helps you say it now, in your own words, while you can.



As a nurse, I have stood beside many families at the end of a life. The families who had talked ahead of time were not spared their grief. But they were spared the guessing, and often the arguments. They could focus on love.

## How to use it

- **Go slowly.** Fill in one or two pages at a time. Skip anything that doesn't fit your life.
- **Use pencil** if you like. Your wishes may change, and that's okay.
- **Talk about it.** Share what you wrote with your health care agent and family. The talk matters more than the paper.
- **Keep it where people can find it,** and tell them where it is. Make copies for your agent and your doctor.
- **Review it once a year,** and after any big change in health or family. There is a log at the back.

## For caregivers

If someone you love has early memory changes, this is a gift you can give together. Sit beside them, ask the questions in a relaxed way, and write their answers in their words. Even later, many people can still tell you what comforts them. Keep asking, and keep listening.

> **Important:** This workbook is **not a legal document**. It does not replace a health care power of attorney, advance directive, POLST, or will. Rules differ by state. Use it alongside your state's official forms (free sources on the last page) and talk with your doctor or an attorney.

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PART 2 · WHAT MATTERS MOST

# My values and my good days

These answers help your loved ones and doctors make choices that fit who you are.

## On a good day, I like to…

## What gives my life meaning

## If my health got much worse, what would matter most? (check any)

☐ Being free of pain ☐ Being at home ☐ Being with family ☐ Living as long as possible

☐ Being able to recognize loved ones ☐ Not being a burden ☐ My faith or spiritual practices

☐ Being clean and comfortable ☐ Being able to eat what I enjoy

## What I fear most about being seriously ill

## My faith, beliefs, or traditions my caregivers should know

## Words I'd like people to remember me by

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PART 6 · IF I LIVE WITH DEMENTIA

# How I want to be cared for

If my memory and words fade, I am still me. Please read this page to everyone who helps me.

**Please call me** _____



## Things that calm me

_____

_____

## Things that upset or frighten me

_____

_____

## My daily routine

**I usually wake up at** _____

**I like to bathe (time, shower or bath)** _____

**Foods I love / dislike** _____

**Bedtime routine** _____

## Songs, prayers, or things I'd like to hear

_____

_____

## Jobs that make me feel useful

_____

**Please, always:** look me in the eye and say my name before you help me · tell me what you're going to do · keep me covered and private · let me do what I still can · never scold me or force me · try again later if I say no.

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END OF FREE SAMPLE

# Thank you for reading

This sample includes 4 of the 19 pages. The full workbook covers everything your loved ones may need to know.

**Also in the full workbook:**

- ✓ My story, and the people who speak for me (health care agent)
- ✓ Health information and insurance, without writing any numbers
- ✓ Checklist of official documents: health care POA, advance directive, POLST, will
- ✓ Treatment preferences, explained gently
- ✓ Where I'd like to live if I need more help
- ✓ Comfort at the end of life, and wishes for afterward
- ✓ Money, digital accounts, and pets (no passwords)
- ✓ Letters to the people I love · How to start the conversation · Review log
- ✓ Free state forms and resources

My Wishes Workbook · PDF · 19 pages · print as many copies as you need

$12.99

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