

# GET TO KNOW YOURSELF

Take some time to contemplate the topics on this page. Then write your thoughts.

This will help prepare you to discuss these issues with your physician and loved ones, so they have a better understanding of what's important to you.

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## Relationships

The most important things I want to give the people closest to me:

The most important things I want to receive from the people closest to me:

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## Milestones

It's very important that I find a way to accomplish these specifics:

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## Hopes, Dreams and Goals

These are what make my life fulfilling and complete:

## Quality vs. Quantity

Would I rather live well for a short time, or live longer not feeling well?

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## Quality of Life

During treatment, I want to be able to:

After treatments are finished, I want to be able to:

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## Fears and Concerns

My biggest fears and concerns about my cancer journey are:



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