

# Connections for Healthy Aging

## My Empowered Elder "To Do" List



My Priorities for a Good Life are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



My "Vial of Life" is on the Refrigerator:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



My Advanced Directives with my Choices are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



My Places for Important Papers are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



My Personal Support Network ("Web of Relationships") is:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



My Things I want to do ("My Bucket List") are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



My Plan for Economic Security Includes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



My Legacy Will Be:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_