

My Commitment...

Difficult tasks are often best achieved by setting a target date and placing a reminder in a visible place, like on your mirror, by your computer, or on your refrigerator.

the conversation project
in boulder county

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I commit to:

- Complete the Starter Guide for myself.
- Discuss the Starter Guide with an important person in my life.
- Have a meaningful *conversation* with individual(s) who may be involved when I am receiving end-of-life care.
- Choose a health care agent and complete a medical power of attorney.

Target date: _____ (Month and Year)

If you have questions or feel stuck, email beckiparr@trucare.org to set up a coaching appointment, free of charge.

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