

# My Personal Statement

Use this form along with the "Documenting" stage of the website to help create a personal letter for your loved ones and health care providers.

**Introduction/address your letter.**



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**Give your loved ones and health care providers permission" to follow your wishes.**



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**Attach the letter to your formal advance directive and Planning My Way guide sheets.**



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**Say what your wishes are in your own words and why.**



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**Thank them for doing this difficult task and encourage them to follow your wishes.**



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