



What It Means to Be Me

1 LifePlan: What It Means to Be Me

(Name of Spouse 1)

Entertainment for me means: (Select all that apply) **Reading**

The kinds of things I like to read include (fiction/nonfiction books, news, etc.):

The medium I prefer to read includes (books, magazines, newspapers, tablets, etc.):

 Music

The kinds of music I enjoy include:

Times when I like listening to music include:

Music I don't like includes:

 Television

The kinds of shows I enjoy include:

Time of day I enjoy watching includes:

 Movies

The kinds of movies I like to watch include:

Types of movies I don't like include:

SPOUSE
1

(Name) _____

Additional Entertainment Notes:

Pleasant surroundings for me means:

My Living Space preferences include (decorations, view, scents, etc.):

My Location preferences include (city vs rural, near water, near forests, etc.):

Healthy Habits for me means: (Select all that apply)

Eating Right

The foods I really enjoy eating include:

Foods I do not like include:

My food allergies or digestive challenges include:

Exercise / Activities

Places I enjoy visiting include:

Activities I enjoy include:

Socializing

The types of social interactions I enjoy include (large groups, close friends and family, religious visitors, etc.):

The frequency of social interactions I enjoy is (constant companionship, regular visits, or occasional check-ins):

SPOUSE

1

(Name)

Other things you should know about me:

My blood type is:

I have the following allergies:

I have the following chronic health conditions:

Additional notes about me:

2 LifePlan: What It Means to Be Me

(Name of Spouse 2)

Entertainment for me means: (Select all that apply)

Reading

The kinds of things I like to read include (fiction/nonfiction books, news, etc.):

The medium I prefer to read includes (books, magazines, newspapers, tablets, etc.):

Music

The kinds of music I enjoy include:

Times when I like listening to music include:

Music I don't like includes:

Television

The kinds of shows I enjoy include:

Time of day I enjoy watching includes:

Movies

The kinds of movies I like to watch include:

Types of movies I don't like include:

Additional Entertainment Notes:

Pleasant surroundings for me means:

My Living Space preferences include (decorations, view, scents, etc.):

My Location preferences include (city vs rural, near water, near forests, etc.):

Healthy Habits for me means: (Select all that apply)**Eating Right**

The foods I really enjoy eating include:

Foods I do not like include:

My food allergies or digestive challenges include:

Exercise / Activities

Places I enjoy visiting include:

Activities I enjoy include:

Socializing

The types of social interactions I enjoy include (large groups, close friends and family, religious visitors, etc.):

The frequency of social interactions I enjoy is (constant companionship, regular visits, or occasional check-ins):

SPOUSE

2

(Name) _____

Other things you should know about me:

My blood type is: _____

I have the following allergies: _____

I have the following chronic health conditions: _____

Additional notes about me: _____
