
How well do you know me?

A playful card-based game to test your family and friends knowledge. Sit with your loved ones or your substitute decision maker and ask any of the 10 questions in this not-so-trivial pursuit of clarifying your wishes and values for your future care.

Printing Instructions

1. Set your page orientation to “Landscape”
2. Choose “double sided” option to print on both sides of the page
3. Choose “Flip pages on short edge” option
4. Cut each 2-sided card along the dotted lines.



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How well do you know me?



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Game Instructions

(Follow printing instructions for cards and tokens first.)

1. You will need at least 2 players. There is no limit to the number of players.
2. Make sure everyone has strips of blank paper and a pen or pencil to write down their answers.
3. The game can be played one of two ways:
 - a. One leader: One player will ask all of the questions about themselves, and all other players will answer the questions.
 - b. Roundtable: Each player will take turns drawing a card and asking a question about themselves.
4. Stack the cards facedown into a pile and then draw the top card.
5. Read the question aloud. Give everyone 1–2 minutes to write down their answer.
6. Everyone folds their paper up and gives their answer to the reader. Make sure no one else sees your answer.
7. The reader will then read aloud all of the answers.
8. Whoever has the most accurate answer to the question wins a token. If there's a tie, each person who answered correct gets a token.
9. After all 10 cards have been read, tally up people's tokens to find out who knows best.




What makes my life meaningful?

(e.g., good company,
good conversation, good wine)



Who knows the most stories about me?



What do I worry about most when it comes to my future health?



What is my favourite routine or habit?

Speak Up

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What is my favourite ceremony or special event?

Who is the most likely to know what I am thinking?

What life circumstances would I find the most unbearable?

What situation(s) make me the most uncomfortable or embarrassed?

Who do I go to first for advice?

Where do I store my life planning documents?

(e.g., will & estate, RRSP documents, power of attorney form)

Speak Up

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