

## HOPES + FEARS

hopes



I hope to see my daughters get married or settle into long-term, loving relationships. I hope to have more opportunities to travel with Gretchen and to stay healthy enough to continue living in our home. I hope to minimize the times I go to the hospital over the next few years. I hope to avoid a liver transplant. I hope to continue working as long as I can and want.

fears



I fear getting liver or pancreatic cancer. I fear dying before feeling that things are in order for Gretchen or my daughters. I fear having to live out my life at home or in a hospital too sick to be active.

next steps...

Continue taking care of myself physically, mentally and spiritually.  
Ask doctor to remove my gall bladder as preventive surgery.