



Five Questions to Ask Mom This Mother's Day

A conversation guide — for before the flowers

Mother's Day is Sunday. You'll probably bring flowers. Maybe brunch. This year, bring one more thing: **a real conversation**. These five questions are the kind most families wish they'd asked ten years earlier. Ask one. Ask all five. Use the space below to jot what you hear.

1. What does a good day at 85 look like to you?

Her answer tells you what "home" and "living well" mean to her.

2. If your health changed, where would you want to be living?

Stay home with help? Move closer to family? Somewhere she's researched?

3. Who would you want making decisions for you if you couldn't?

Power of attorney. Healthcare proxy. Someone she chooses, not someone assigned.

4. Who's in your support circle — and what should I know about them?

Doctors, neighbors, friends from church. The people who'd notice if something was off.

5. What matters most to you about how you're remembered?

Not a eulogy. A compass for every decision that follows.

When the conversation raises more questions than answers, that's when we should talk.

Book a 15-minute chat: oncehub.com/TJLChat

