

## What matters to me?

1. From this list: (1) add any important values not on the list; (2) then circle the 5 most important. As you are identifying your values, it may be helpful to reflect on Questions 2-4 first.

Achievement	Family	Loyalty
Adventure	Financial stability	Openness
Authenticity	Freedom	Perseverance
Balance	Friendship	Power and authority
Challenge	Generosity	Recognition
Commitment	Growth	Religion
Compassion	Happiness	Respect for others
Concern for others	Harmony	Responsibility
Courage	Health	Security
Creativity	Honesty	Self-care
Curiosity	Humor	Self-respect
Empathy	Integrity	Serenity
Excellence	Kindness	Service to others
Fairness	Knowledge	Other: _____
Faith	Learning	Other: _____

*This list is based off the Deepest Values Checklist in The Power of Full Engagement by Loehr & Schwartz*

2. Imagining yourself on your deathbed, what will you conclude was most important to you?

3. Imagine yourself with limited time on this planet. You've got five years of life ahead. Where do you want to be investing your energy over the next five years?

4. Think of someone you deeply respect. Describe three things that you most admire about this person.

a)

b)

c)

5. Write out your top 5 values:

6. Now write out your mission statement. See if you can include ideals that help guide and push you, as well as brass tacks that are specific and implementable. Don't think about how it might sound to others; just write it for yourself. This statement, grounded in what matters to you, is your north star for meaningful action. It's impossible to keep your eyes on it all the time, but you can come back to it whenever you need to for recalibration and renewal.

7. For the next week, using your mission statement as a guide, ask yourself, is what I'm doing right now on point or off?