

What Matters Most Right Now

Pick out what matters to you at this point in your life, not five years ago.

WHEN TO USE THIS

Use this when you are deciding where to put your time and cannot choose.

Tick what feels most important to you these days.

- ☐ My health and body
- ☐ The people close to me
- ☐ Doing work I respect
- ☐ Money that holds steady
- ☐ Having time that is mine
- ☐ Learning something new
- ☐ Faith, or something bigger
- ☐ Being useful to someone

Look at what you ticked. Which one gets the least of your time?

What is one hour this week you could give it?

What would you have to say no to, to make that hour real?

What matters changes. It is worth checking every so often.