



Identifying What Matters to Me

Knowing what matters to you and reviewing different areas of your life can be a helpful and important first step in figuring out the changes you might want to make toward being the best version of yourself. As you consider each of the areas below, reflect on the following:

1. How important is this area to me?

2. For those areas that matter a lot, also think about....

- What do I like about my life in this area?
- What is going well?
- What do I not like about this area of my life?
- Overall, am I satisfied or dissatisfied with how things have been going in this area of my life?

Tip: You'll have the opportunity to select an area or two and focus on them in the "Taking a Step Toward What Matters to Me" handout. For now, just focus on what matters and how satisfied you are with that area.

Area of My Life	Level of Importance	How Satisfied Am I	Notes to Myself
My Friendships	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
My Romantic Partnerships/Dating	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
My Parenting/Caregiving	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
My Family Relationships	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
My Safety	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
My Substance Use	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	

Area of My Life	Level of Importance	How Satisfied Am I	Notes to Myself
My Finances	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
My Education/ Learning	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
My Job/Employment	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
My Physical Health	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
My Connection to my Religion, Spirituality	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
My Connection to Nature	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
Having Fun/ My Hobbies and Interests	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
My Mental Health	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
My Living Situation/ Housing	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
(You choose)	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	
(You choose)	<input type="checkbox"/> Doesn't matter to me <input type="checkbox"/> Matters somewhat <input type="checkbox"/> Matters a lot	<input type="checkbox"/> I am not satisfied. <input type="checkbox"/> I am moderately satisfied. <input type="checkbox"/> I am very satisfied.	