

# humantold

## What Matters?

This activity will help you reflect on the different aspects of your life that you find important or feel shaped you.

Start with five post-it notes or take a piece of paper and separate it into 5 columns. Label each one with one of the categories: people, places, things, goals, memories.

In each category write down four answers that matter the most to you or you feel had the greatest impact on you (if you have more or less it's okay)

People	Places	Things	Goals	Memories

Take a moment to sit with your list, notice any thoughts, emotions, or physical sensations when thinking about this.

This activity can simply end here. Take this list with you to remind yourself of what matters most to you.

