

— What — Matters Most



What Matters Most

When we spend time during our day doing what matters most to us, we feel happier, experience more enjoyment in life and have a greater sense of wellbeing.

What matters most to us might include the people we love, our life roles (being a friend, parent, partner), the environment, our culture, activities we enjoy or spiritual/religious beliefs and practices. Different things matter to different people, but they all have a similar positive effect on us. Connecting to what matters to us in our day-to-day lives brings us a sense of joy, helps to keep us feeling positive and protects our emotional and mental wellbeing.

When life gets difficult, we can enter into a survival mode where it becomes hard to stay connected to what matters to us. We can get stuck worrying and stressing, putting all our energy into avoiding the things we fear will go wrong and spending less and less time on the important parts of our life.

This often just makes it harder for us as we have to stop doing the things that help us manage stress and feel good. Making sure we stay connected to what matters most actually helps get us through.

This worksheet is here to help you identify what matters most right now and find ways to stay connected to these parts of your life.

1. Start off by working out what matters most to you right now (see the box on the next page for some ideas).
2. Next consider how well connected you currently feel to the things that matter to you based on how much time, energy and focus you are putting into them. If it helps, use the rating scale we've provided.
3. Try and think about what is getting in the way of you being more connected to what matters to you.
4. Next think about how you can put time aside to connect with what matters to you. How can you make it more of a focus?
5. Finally, plan activities that keep you connected to what matters to you using the **Staying Active Planner** included below. We suggest including some additional activities that give you a sense of pleasure and achievement here too.

Tip: If staying connected to some of these things is difficult right now, try using our **Problem Solving Guide** to help you work out how you might be able to do this.

Examples of things that often matter most to us

- Whānau/family
- Protecting our environment
- Being involved in the community
- Spending time with animals
- Having fun
- Being in nature
- Cultural beliefs and practices
- Religious and spiritual beliefs and activities
- Friendships
- Career/ job
- Looking after physical health
- Individuality (being ourselves)
- Life roles (being a parent, friend, daughter etc)
- Being creative
- Interest and hobbies



Staying connected to what matters most

<p>What matters most to you?</p> <p>Using the separate columns on this table, list all the things you have identified matter most right now.</p> <p>Tip: The list above may help you get started.</p>	<p>How connected are you right now?</p> <p>3 = I feel very connected</p> <p>2 = I feel somewhat connected</p> <p>1 = I don't feel connected at all</p> <p>What is getting in the way?</p>	<p>How can you feel more connected?</p> <p>Try and think of some ways to connect in daily with what matters most.</p> <p>Tip: Use our Problem-Solving Guide to you if you need help.</p>
<p>Example:</p> <p><i>My family.</i></p>	<p>Example:</p> <p><i>2 - somewhat connected.</i></p> <p><i>I'm worrying a lot and finding it hard to focus on them.</i></p>	<p>Example:</p> <p><i>Work on reducing the time I'm spending worrying and plan in some nice things to do with them.</i></p>
<p>Example:</p> <p><i>Being in nature</i></p>	<p>Example:</p> <p><i>0 - I don't feel connected</i></p> <p><i>I can't get to lots of the places I love.</i></p>	<p>Example:</p> <p><i>Spend time in my garden and pay attention to the nature I can see.</i></p> <p><i>Go for a walk every day.</i></p>



Staying connected to what matters most

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Staying Active Planner

Use this planner to help you incorporate some of the activities you listed above into your days. You can also include other simple activities that give you a sense of pleasure and achievement like listening to music while you do the dishes or giving your whānau a hug in the morning.

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			