

# What Matters to Me

It's important to understand and recognise your values and what things matter to you in your life. This will help you to plan time to do the things that matter to you and help you to find a better balance in your life.

## About Me

The things I enjoy doing/find fun:

## What Matters to Me

What I enjoy learning about/what I want to do in the future:

## Who Matters to Me

Family who are important to me:

Things I do to take care of my self:

Things I do everyday which help me feel happy:

Friends who are important to me:

The things I do which help me relax/feel better:

Things I feel strongly about that matter to me:

Anyone else who is important to me:

Anything else that matters/is important to me:

# What Matters to Me

It's important to understand and recognise your values and what things matter to you in your life. This helps to plan time to do the things that matter to you and therefore have a better balance of activities in your life.

## About Me:

The things I enjoy doing/find fun:

- Reading
- Drawing
- Watching Netflix
- Spending time with friends/family
- Going to the beach
- Gaming

## What Matters to Me

What I enjoy learning about/what I want to do in the future:

- Science
- Maths
- Art
- I want to be a scientist in the future

## Who Matters to Me

Family who are important to me:

- Mum
- Dad
- Step-Dad
- Step-brother
- Cousins
- Aunty and Uncle
- Grandparents
- My dog
- My cat

Things I do to take care of my self:

- Swimming
- Walks
- Cross country
- Go to the gym

Everyday things I do which help me feel happy:

- Take the dog for a walk
- Watch TV with my family
- Text my friends
- Have a cup of tea

Friends who are important to me:

- My best friend
- My group of friends
- My gaming friends

The things I do which help me relax/feel better:

- Go for a walk
- Have a bubble bath
- Have a hot chocolate
- Talk to mum

Things I feel strongly about that matter to me:

- I feel strongly about equal rights
- I feel strongly about my spirituality/religion
- I am a vegetarian and feel strongly about this

Anyone else who is important to me:

- My teacher
- My swimming instructor
- My best friend's mum

Anything else that matters/is important to me:

- I like doing my hair and makeup and trying out new styles