

# 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:

## 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

## 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 teacher 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 friends on social media

### 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