

# Thriving by Aligning with What Matters Most

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style. -Maya Angelou

To laugh often and much; To win the respect of intelligent people and the affection of children; To earn the appreciation of honest critics and endure the betrayal of false friends; To appreciate beauty, to find the best in others; To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; To know even one life has breathed easier because you have lived. This is to have succeeded. -Ralph Waldo Emerson

**Step 1 - What Matters Most?** Values come from our true selves. They are the answers that come from asking ourselves, “What matters most to me?” We may carry our values with us throughout our lives, or they may change over time. Values are deeply personal and vary from person to person. Circle your top 3-5 values in the grid below or add your own in the boxes below:

Achievement	Aesthetic Beauty	Service	Autonomy Independence	Creativity Innovation
Relationships	Independence	Honesty	Justice Fairness	Knowledge
Compassion Kindness	Community	Integrity	Enjoyment	Vitality
Responsibility	Recognition Reputation	Spirituality	Skill Expertise	Security
Diversity	Excellence	Teamwork	Humor-Laughter	Tradition
Inclusion	Contribution	Trust	Communication	Connection

**Why?** Think about why these values are important to you and make some notes here:

## Step 2 – Think about a person or people you’d like to emulate. Why?

Someone in your family? A historical figure? Public figure? Cartoon character?

## Step 3 – Your Retirement Party (or 95<sup>th</sup> Birthday Party)

### What is it that you want to be remembered for?

If you could give your best possible self at home, work, and in your community, what will people say about you at your retirement party or your 95<sup>th</sup> birthday?

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## Step 4 - What are the goals (personally, family, community, at work) that matter the most?

Think about who you “serve” – yourself, family, community, customers, patients, co-workers, boss, organization, the greater world.

## Step 5 – Assemble Your Purpose

Be simple, clear, and brief. Keep It Simple!

What matters most to you + qualities that you admire in others + the legacy you want to leave behind. Write a 1-3 sentence statement describing your current or big-picture purpose (personally, at work, in your family...). How you strive to be the best “you”. Keep your words positive and focus on what you want, rather than what you don’t want. Make it sound like you. Make it sound authentic, like your own voice!

Example: *My passion for health and my skills at connecting and learning drive my success with educating people on how to live healthier, happier lives, making good friends, and to being kind to all I meet.*

## Step 6 - Making it Real – Post Prominently

Now post it in a place where you will see it often! Be more inspired to let it be a rudder for you as you steer your ship of life at home, in your family or community, and at work.

## Step 7 – Support Your Energy

1. Sleep
2. Exercise
3. Eating Well
4. Being Present
5. Creativity/Being Inspired
6. Connection/Community

## Resources

### Books:

1. Life on Purpose – How Living For What Matters Most Changes Everything. Victor J. Strecher – Harpercollins. 2017.
2. On Purpose – Lessons In Life and Health From the Frog, The Dung Beetle, and Julia. Victor J. Strecher. Dung Beetle Press. 2013.
3. Real Happiness at Work. Sharon Salzberg. Workman Publishing Company. 2013.

**Websites:** On Purpose: <http://www.dungbeetle.org/>

**Apps:** Jool: [www.dungbeetle.org](http://www.dungbeetle.org)