

Personal Reflection Exercises...

I Focus on What Matters



I focus on what matters.

Most of the things that happen in my life simply lack relevance. It is my job to determine what truly matters and give those things my attention.

I only have so much time and energy to give each day, so I **focus my attention and talents on what can make the biggest positive difference in my life.**

My values are the basis for my life.

Knowing my values intimately makes it possible for me to make smart decisions and avoid feelings of regret. Choices are easy to make when I remember my values.

I am free of internal conflict and confusion because I am clear on what matters in my life.

I avoid worrying about the opinions of others. **What others think about me is none of my business.** If I can look at myself in the mirror, I am content. When I live for others, I make mistakes and find myself living a life that is unenjoyable.

I know what I want to achieve. Knowing my goals, objectives, and plans allows me to identify what matters the most in my life.

I consider my goals before deciding how to spend my time.

Today, I dedicate my time, energy, and talents to what matters to me and my life. I avoid those things that zap my energy and will to succeed.

Self-Reflection Questions:

- 1. What do I spend too much time on that doesn't matter?**
- 2. What matters the most to me in my life?**
- 3. What could I accomplish if I focused my energy on what matters the most?**