

How do we live life more fully?

By focusing on what matters most.

Follow this simple guide to discover what matters most to you.

1 Take a moment to think

Accepting our mortality helps us to put life into perspective, to live each moment, each day fully and as best we can. Think about what matters most to you in your life and why. The regrets of people who are dying remind us to do some important things like saying and showing love, forgiving others, thanking others and asking others to forgive us.

2 Define your values

Use the Value Compass on the next page to select the five values that matter most to you. Print it and clearly write your values in the spaces provided. Stick your Value Compass on your fridge or somewhere visible to serve as a daily reminder to focus on what matters most to you.

3 Create moments of reflection

Now that you know what matters most to you, add moments of reflection to your day. Ask yourself if are you living a life true to your values. This reflection will help you stay on track with living your life fully, focused on what matters most and without regrets.

ASK YOURSELF

- What difference do you want to make?
- How do you want to be with people?
- How do you want to be remembered?
- What are the regrets you want to avoid?

VALUE COMPASS

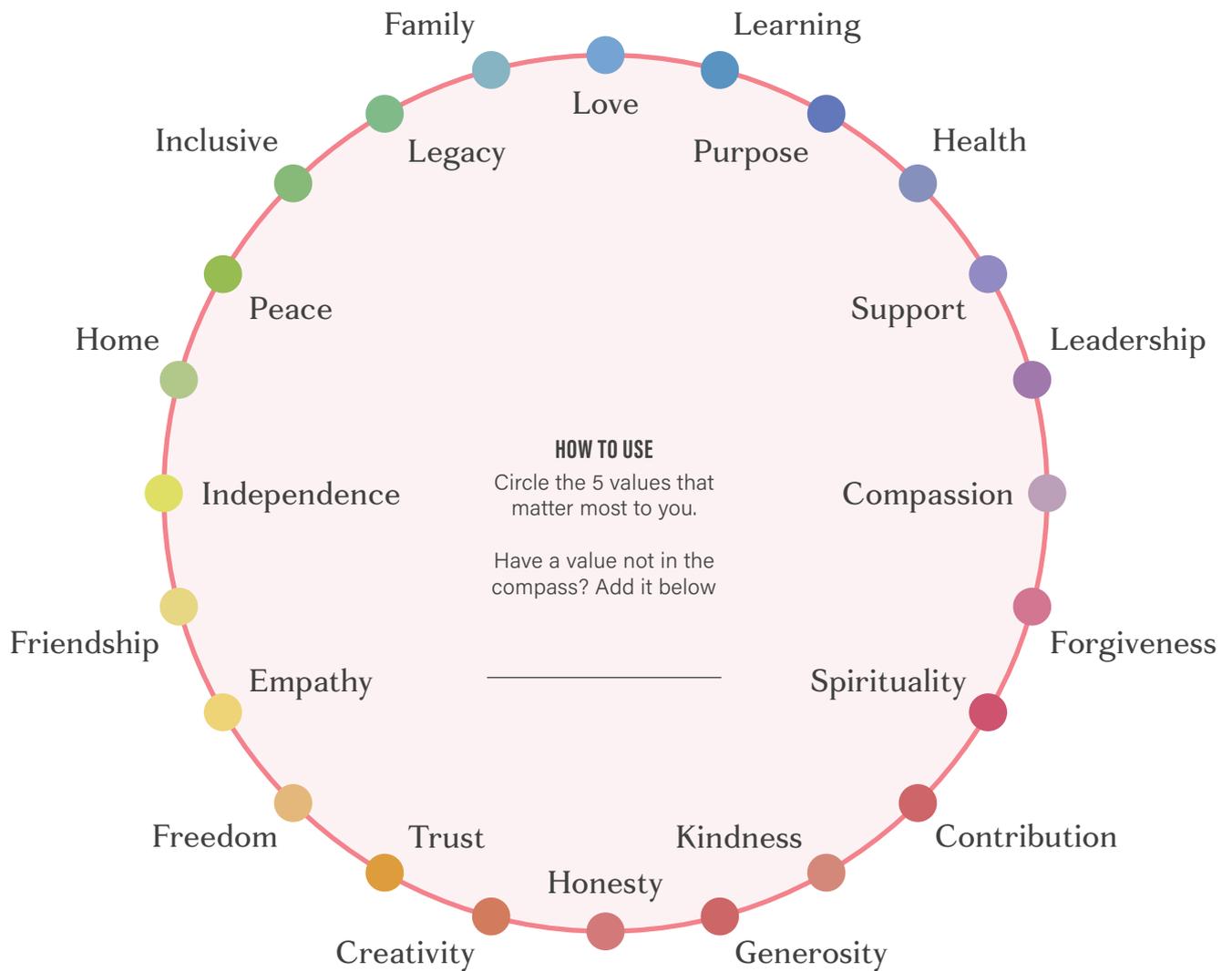
Print your poster and fill it out.



TIP

Setting a daily reminder on your phone or keeping a journal are excellent ways to build a habit of daily reflection.

My Value Compass



What matters most to me.

Write your 5 values below and put this poster where you can refer to it each day.

1 _____

2 _____

3 _____

4 _____

5 _____