

Worksheet: Does My Life Reflect What Matters?

Balance - GGC September 2026: Week 4 ~ 9-28-26

 **1. What are the five things that matter most to me right now?**

1. _____
2. _____
3. _____
4. _____
5. _____

 **2. Looking at a typical week, where do I actually spend most of my time and energy?**

 **3. Do those two lists match?**

- ☐ Mostly
- ☐ Sometimes
- ☐ Not really
- ☐ Well...this is awkward. 😊

 **4. Which important part of my life keeps getting whatever is "left over"?**

- ☐ Relationships
- ☐ Health
- ☐ Rest
- ☐ Fun
- ☐ Creativity
- ☐ Personal growth
- ☐ Spirituality
- ☐ Friendship

- ☐ Time alone
- ☐ Something else: _____

 **5. What is ONE thing that matters to me that I want to intentionally protect?**

 **6. How could I make room for it this week?**

 **7. What less-important thing could receive a little LESS of my time?**

 **8. Finish this sentence:**

If my calendar reflected what truly matters to me, I would make more room for...