

high

VALUE

- High Value
- Low Care

### Mattering

- High Value
- High Care

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# Mattering to Yourself

- Low Value
- Low Care

- Low Value
- High Care

low

CARE

high

# Why Mattering Matters

## To Demonstrate that Others Matter to You, You Must Matter to Yourself First

We've always believed that people need to "put the oxygen mask on themselves first" if they're going to be able to succeed in their life, work, and world.

As we've been teaching the concept of mattering, we've gotten even clearer that mattering to yourself is key to your success and is the foundation to your ability to demonstrate to others – staff, colleagues, children, friends, etc. – that they matter to you.

By mattering, we're describing the unique combination of **valuing** your unique gifts and talents and of **caring** about and for yourself.

**The intersection of valuing your contributions and caring for yourself is critical to managing burnout and to creating success.**

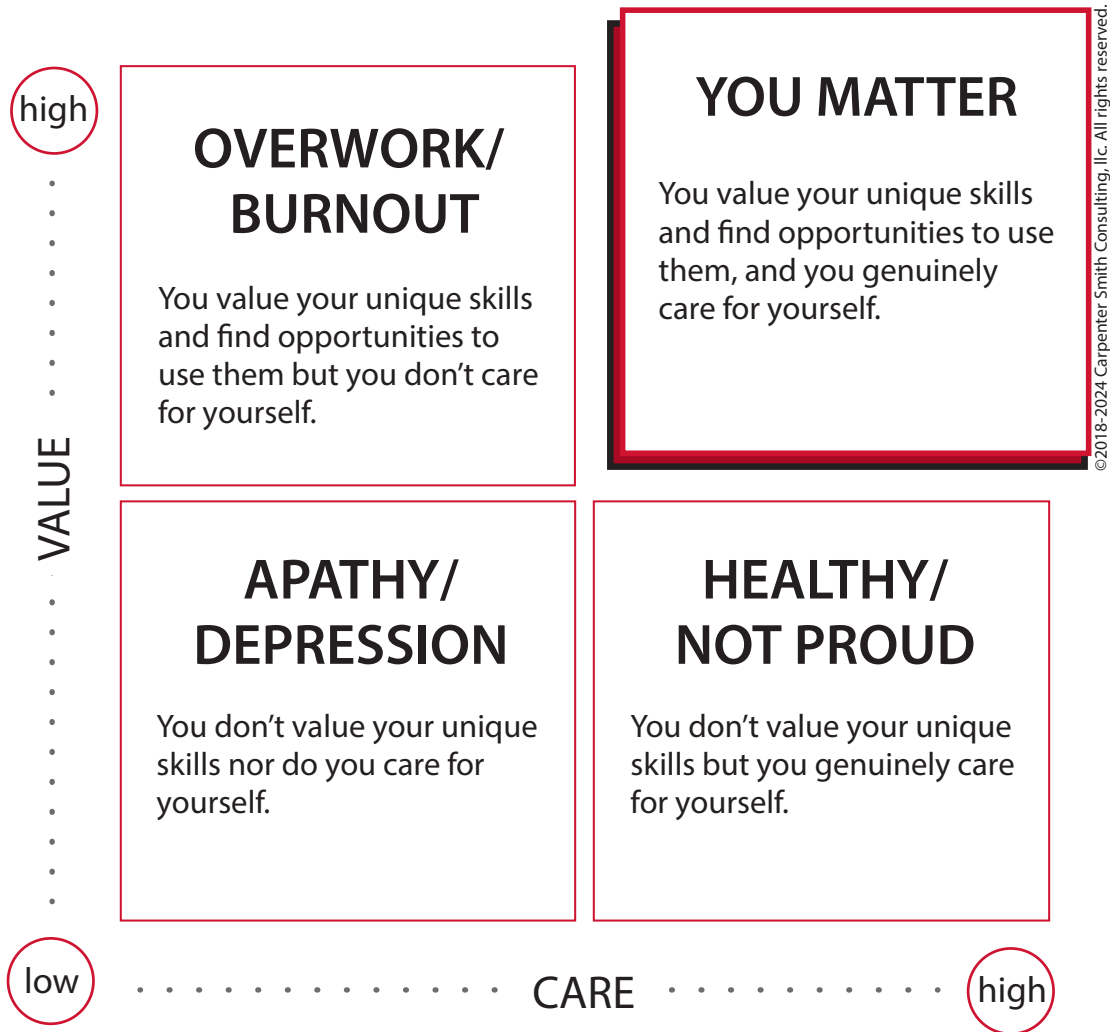
Think of it this way, if you value your unique gifts and talents, but don't care for yourself, you may be slipping into working nonstop which can leave you feeling worn out and unsatisfied and can lead to burnout.

And if you take care of yourself that's a great start but without valuing your unique gifts and talents, you may be spending your days doing things that don't in any way nourish your soul!



# Mattering to Yourself

As you reflect on why mattering matters, consider ways that you can move to the intersection of care and value in your own life. You'll be more successful, satisfied, and vital if you matter in your own life and are able to bring the best of you to your world.



Where would you place yourself on the matrix? Check the box below.

<input type="checkbox"/> Low Value Low Care	<input type="checkbox"/> Low Value High Care	<input type="checkbox"/> High Value Low Care	<input type="checkbox"/> High Value High Care
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What can you do to matter more in your own life (look at the next page for some ideas)?

# Mattering to Yourself

## Examples of Mattering in Your Own Life

### VALUE:

- Identify and reflect regularly on your life priorities.
- Recognize your unique gifts and skills.
- Celebrate your accomplishments – big and small!
- Craft your own version of what success means to you.
- Discuss with a close friend the ways you can both offer your talents to the world.
- Regularly share your top strengths and skills with your colleagues.
- Meet with your boss to review potential new opportunities to use your skills more.
- Identifying opportunities to offer your uniqueness to the world.
- Share the ways you contribute with colleagues, friends, family, and your community.
- Create time to be exactly who you are (whether at work or elsewhere).

### CARE:

- Identify and reflect regularly on your life priorities.
- Practice setting healthy boundaries.
- Speak to yourself with respect and kindness.
- Find ways for healthy movement/eating/sleeping.
- Write down or share your gratitudes.
- Practice mindful breathing.
- Connect with a loved one to share a laugh, support, or time.
- Take something off of your to-do list (or delegate it).
- Schedule downtime to rest, dream, wonder, listen to music, read, or relax.
- Craft your own version of what success means to you.

**Look at where you land on the matrix  
every few months  
to support you in mattering in your own life.**