



# WORKSHEET

## A MAP TO WHAT MATTERS MOST



## Part 2:

### DIRECTION & FUTURE INTENTION

#### 5. Reflection On Your Direction

In the last 24 hours, roughly how many hours did I spend acting in ways that moved me toward who and what matters most to me? And how many hours did I spend acting in ways that moved me away from who and what matters most?

\_\_\_\_\_ hours moving toward + \_\_\_\_\_ hours moving away = 24 hours total

#### NOTE:

*This is a really useful benchmark and we'll refer back to it when we talk about meditation journaling in the Track Star section in Chapter 11!*



## 7. Behaviour Booster

In what ways could meditation help support me in making this affirmation a reality?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*Feel free to refer back to the Side Effects in Chapter 9. You might also find it useful to refer to your answers from question #4 above, as some of these actions and behaviours may be directly supported by meditation. For example, if feeling more rested and calm is important to you, improving your sleep hygiene may be a behaviour that moves you toward that. Meditation can help you unwind at the end of the day, decrease insomnia, and support a better night's sleep.*

## MY STORY:

*Meditation helps me connect deeply with myself, and reminds me of my vastness and inherent wholeness. When I meditate between work and family life, it helps me to transition from doing into being. Meditation makes me feel less stressed and helps me keep things in perspective so I can remember what really matters and what is not actually urgent or important. Meditation teaches me how to focus my attention and single-task, so that when I'm working, I'm powerfully efficient, and when I'm playing, I'm free to be joyful and have fun without worrying about what needs doing. Meditation helps me feel more calm, relaxed, focused, and present so I can give my kids the best of me. Meditation helps me stay stress-free, healthy, and well.*

## 8. Meditation Manifesto

Refer to your affirmation above. This is the heart of what matters most to you, which is the very best reason for meditating. Let's rephrase your affirmation into an empowering Meditation Manifesto. Your manifesto is a reminder of *why* you are meditating. It's also a signpost pointing you toward what matters most so you can live in alignment with your values and get high on life.

**"Your  
manifesto is  
a reminder of  
why you are  
meditating."**

### MY STORY:

*I meditate to remember my wholeness and the graceful ease of being. I meditate to show up fully present in every moment possible and to deeply connect with myself and the people I love.*

### OTHER EXAMPLES:

*I meditate to stay connected to the boundless creativity and confidence within me;*

*I meditate to remember that it's safe to transition out of doing and into being; I meditate so that I can relax, unwind, and sleep well; I meditate to support nourishing choices in line with my highest good; I meditate to connect with my intuition and inner guidance so that I can make decisions with ease.*

## MY MEDITATION MANIFESTO:

---

---

---

---

---

---