FREE PRINTABLE

What matters to me?

And what gets my attention?

A card-sorting exercise to explore what matters to you - and how much space it actually receives in your daily life.

MELANIE PENDERS COACHING

Parenting, relationships and blended families

How to use the cards

We do not automatically spend our time on what matters most to us. Our habits, expectations, stress, responsibilities and whatever demands our attention most loudly also shape our behaviour. This exercise helps you look at that without judgement.

1

Cut out both sets of cards

Then choose the cards that feel relevant to your life right now. You do not have to use all of them.

2

Put set 1 in order

What matters to you? Start with what holds the most value for you. There is no right or wrong order.

3

Put set 2 in order

What actually gets space in your life? Think about time, attention and energy - not just hours.

4

Place the two rows side by side

Notice what stands out. Where do your values and daily life align? Which cards have shifted?

5

Choose one small shift

Not everything needs to change. Which card would you like to give a little more space next week?

Remember:

A difference does not mean you are doing something wrong. It is information - and information creates room for choice.

SET 1

Partner relationship

CONNECTION

How much does this matter to me?

SET 1

Children

CONNECTION

How much does this matter to me?

SET 1

Family

CONNECTION

How much does this matter to me?

SET 1

Friends

CONNECTION

How much does this matter to me?

SET 1

Social connection

CONNECTION

How much does this matter to me?

SET 1

Intimacy

CONNECTION

How much does this matter to me?

SET 1

Work

RESPONSIBILITY

How much does this matter to me?

SET 1

Career & development

GROWTH

How much does this matter to me?

SET 1

Money & finances

RESPONSIBILITY

How much does this matter to me?

SET 1

Household tasks

RESPONSIBILITY

How much does this matter to me?

SET 1

Life admin

RESPONSIBILITY

How much does this matter to me?

SET 1

Planning & organising

RESPONSIBILITY

How much does this matter to me?

SET 1

Health

WELLBEING

How much does this matter to me?

SET 1

Exercise & movement

WELLBEING

How much does this matter to me?

SET 1

Nutrition

WELLBEING

How much does this matter to me?

SET 1

Sleep

WELLBEING

How much does this matter to me?

SET 1

Rest & recovery

WELLBEING

How much does this matter to me?

SET 1

Self-care

WELLBEING

How much does this matter to me?

SET 1

Time alone

WELLBEING

How much does this matter to me?

SET 1

Appearance & grooming

WELLBEING

How much does this matter to me?

SET 1

Hobbies

FREE TIME

How much does this matter to me?

SET 1

Creativity

FREE TIME

How much does this matter to me?

SET 1

Reading

FREE TIME

How much does this matter to me?

SET 1

Learning

GROWTH

How much does this matter to me?

SET 1

Personal growth

GROWTH

How much does this matter to me?

SET 1

Nature & the outdoors

FREE TIME

How much does this matter to me?

SET 1

Travel & adventure

FREE TIME

How much does this matter to me?

SET 1

Play & fun

FREE TIME

How much does this matter to me?

SET 1

Relaxation

FREE TIME

How much does this matter to me?

SET 1

Purpose & meaning

MEANING

How much does this matter to me?

SET 1

Spirituality

MEANING

How much does this matter to me?

SET 1

Making a difference

MEANING

How much does this matter to me?

SET 1

Community

MEANING

How much does this matter to me?

SET 1

Caring for others

CARE

How much does this matter to me?

SET 1

Caregiving

CARE

How much does this matter to me?

SET 1

School runs & activities

CARE

How much does this matter to me?

SET 1

Social media

AUTOMATIC TIME

How much does this matter to me?

SET 1

Phone & screen time

AUTOMATIC TIME

How much does this matter to me?

SET 1

TV & streaming

AUTOMATIC TIME

How much does this matter to me?

SET 1

Gaming

AUTOMATIC TIME

How much does this matter to me?

SET 1

Doing nothing

SPACE

How much does this matter to me?

SET 1

Worrying

AUTOMATIC PATTERN

How much does this matter to me?

SET 1

People-pleasing

AUTOMATIC PATTERN

How much does this matter to me?

SET 1

Recovering from busyness

RECOVERY

How much does this matter to me?

SET 1

Something else: _____

YOUR OWN CARD

How much does this matter to me?

SET 1

Something else: _____

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How much does this matter to me?

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Something else: _____

YOUR OWN CARD

How much does this matter to me?

SET 1

Something else: _____

YOUR OWN CARD

How much does this matter to me?

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Partner relationship

CONNECTION

How much time, attention and energy does this receive?

SET 2

Children

CONNECTION

How much time, attention and energy does this receive?

SET 2

Family

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How much time, attention and energy does this receive?

SET 2

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YOUR OWN CARD

How much time, attention and energy does this receive?

SET 2

Something else: _____

YOUR OWN CARD

How much time, attention and energy does this receive?

What do you notice?

Place the two rankings side by side. Try to look with curiosity: not to judge yourself, but to discover where you would like to experience more choice.

1. **Which card has moved the furthest?**

2. **What receives more time, attention or energy than you would like?**

3. **What receives less space than it deserves in your life?**

4. **Which differences are temporary or unavoidable?**

5. **Which differences do not feel right or no longer fit?**

6. **Which card would you like to move one place higher next week?**

7. **What is one small, concrete action that would make that visible?**

Small steps matter.

You do not have to turn your life upside down to give something important more space.