

## three : three

- ☑ On 3 separate post-it notes, write down 3 people who matter the most in your life and who's opinion is influential and valuable to you.
- ☑ On 3 other post-it notes, write down 3 things that matter the most in your life
- ☑ Using more post-it notes or simply drawing lines from each of your notes, write down for each person and each thing reasons why they matter to you and what kind of influence they have on you.
- ☑ Discuss your notes with a friend or a peer. Crystallise what is really important in your life. Let someone challenge you to think deeper about how you make decisions, who and what you cannot let go of, and who and what must leave for you to live a happy and fulfilled life.

