

# What Matters Most Priorities Reflection Worksheet



*Clarifying what  
matters most  
right now*

This worksheet is a starting point, not a final answer. Its purpose is to help clarify what matters most right now, so conversations and decisions are guided by what feels important rather than what feels urgent or assumed. During times of change, priorities can easily get lost in day-to-day demands, expectations, or outside pressure. Taking time to name them creates a clearer foundation for planning, communication, and next steps. This reflection isn't meant to be completed once and set aside—it can be revisited and updated as circumstances, health, relationships, and priorities naturally evolve over time.

**Prompt 1: Core Priority**

Right now, what matters most to me is:

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**Prompt 2: What I Want to Happen**

What do I want to happen in the next year or two?  
(Not everything—just what feels most important.)

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**Prompt 3: What I Want to Protect or Maintain**

What feels important to protect or maintain in my life right now?  
(*health, independence, relationships, stability, peace, routine, finances, etc.*)

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**Prompt 4: What Matters Less Than It Used To**

What matters less to me than it used to?

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**When I think about what matters most, I feel:**

- Clear
- Relieved
- Uncertain
- Pressured
- Confident
- Other \_\_\_\_\_

**Additional Notes**

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