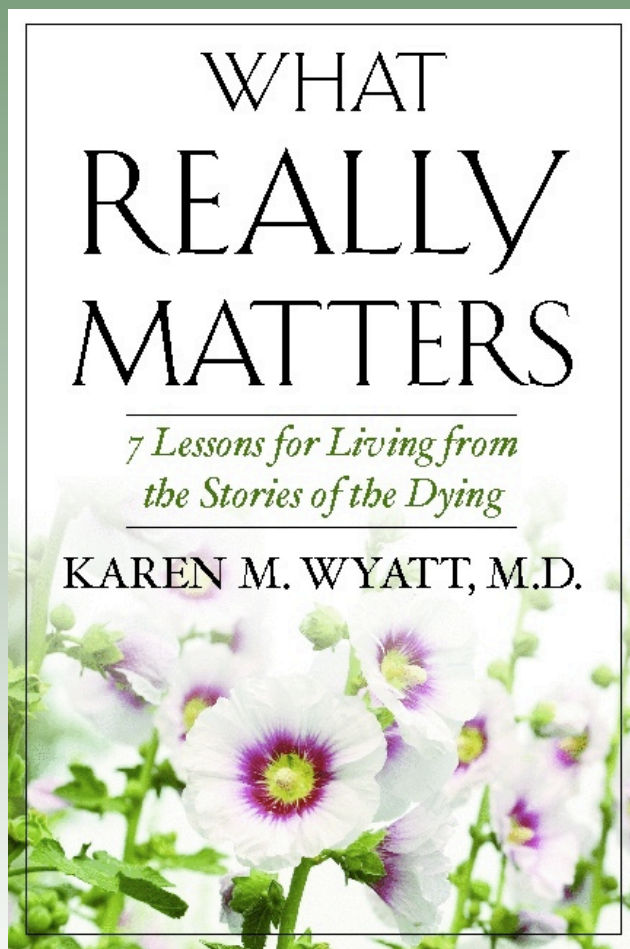


The **What Really Matters** Workbook



based on

What Really Matters

*a book that will
change the way
you see ...
everything!*

by

Karen M. Wyatt, MD

Welcome to Your Complimentary What Really Matters Workbook!

Congratulations!

By choosing to download this workbook you are taking a step toward living a life that *really matters*! As you complete the exercises offered in the *What Really Matters* program you will find yourself growing in your awareness of a higher purpose for your life, which will ultimately lead you to live every moment with greater joy and contentment.

Included in this *What Really Matters Workbook* are the:

- ***What Really Matters Self-Assessment***
- **Recommended Practices** for each of the 7 Lessons
- ***What Really Matters Practice Calendar***
- ***What Really Matters Journal Prompts***

The **Self-Assessment** will help you determine which areas of growth need more focus and will allow you to track your progress.

The ***What Really Matters Practices*** and **Calendar** can be used to create your own individualized plan for spiritual growth and record your daily commitment to a regular practice.

As a bonus this workbook includes ***What Really Matters Journal Prompts*** for each lesson to assist you in starting your own daily journal.

Enjoy your journey!

What Really Matters Self-Assessment

Rate your agreement with each statement on a scale of 1 to 5.

	Strongly Disagree	1	2	3	Neutral	4	5	Strongly Agree
1. My experiences with suffering in life have enabled me to grow both spiritually and emotionally.	1	2	3	4	5			
2. I have gotten through difficult times in the past.	1	2	3	4	5			
3. I am able to give and receive unconditional love.	1	2	3	4	5			
4. I feel a sense of belonging to a group or a community.	1	2	3	4	5			
5. I have forgiven myself, others and God for the disappointments in my life.	1	2	3	4	5			
6. I can get over my anger toward other people when they make mistakes.	1	2	3	4	5			
7. I am able to enjoy the present moment without being distracted by worries and fears.	1	2	3	4	5			
8. I regularly feel gratitude for everything in my life.	1	2	3	4	5			
9. I feel a sense of purpose and meaning that guides my life.	1	2	3	4	5			
10. I commit some time every day to my spiritual and emotional growth.	1	2	3	4	5			
11. I am able to let go of my attachment to specific outcomes and tolerate uncertainty.	1	2	3	4	5			
12. I am able to make choices for my life that are free of fear.	1	2	3	4	5			
13. I have fully grieved all the past losses of my life.	1	2	3	4	5			
14. I believe that things eventually work out for the best.	1	2	3	4	5			

Add the numbers to determine your TOTAL SCORE: _____

What Really Matters Self-Assessment

Evaluation of Score:

If your score is 55-70:

Congratulations! You are already living life with a great awareness of the things that really matter. But you may still benefit from adding some of the practices recommended in this workbook.

If your score is 40-54:

You are well on your way to living a life that really matters! Consider adding one or two new practices to your daily routine, such as gratitude, forgiveness or compassion.

If your score is 25-39:

You have made some progress toward spiritual growth in your life up to this point, but you still have some work to do. This program should be very helpful to point you toward what really matters.

If your score is 24 or less:

You are in exactly the right place! Get ready to discover what really matters in life and move in a positive direction.

Once you have completed the *What Really Matters* program as taught in this workbook, you can repeat this assessment on a regular basis to chart your progress toward a life that *really matters*!

What Really Matters

Practice Recommendations

“By engaging in positive practices for the body, mind, heart, and spirit, you can overcome the obstacles that thwart your progress toward wholeness, your true purpose on this planet.”

On the following pages you will find recommended practices for each of the 7 Lessons described in *What Really Matters*. You can use these practices to create your own individualized program for growth and healing.

Choose the practices you would like to cultivate, then use the blank calendar template to schedule your commitment to practice on a daily basis. Keeping a log of your daily efforts is the best way to hold yourself accountable.

Remember these basic principles about spiritual practice:

- It doesn't matter *what* you choose to practice, but it matters *how* you practice.
- Start simply and grow gradually: begin with just one practice a day, even for 5 minutes, then slowly increase your time commitment and add other practices.
- Always perform your daily practice with *diligence*, giving it your best effort.
- Develop *consistency* in your practice for lasting growth and benefit.
- Focus on *deep breathing* every day, no matter which other practices you choose.
- Utilize *journaling* on a regular basis to help you reflect on your growth and analyze the obstacles that are holding you back.
- Be forgiving of yourself and willing to start over again and again if you fall short of your goals. *Practice* is what really matters, not *perfection*.

Deep Breathing



The simple practice of deep breathing has many health benefits for the body, mind and spirit. Some of these benefits include:

- reducing stress
- releasing endorphins to help relieve headaches, insomnia, back pain and other symptoms of stress
- helping to clear and focus the mind
- strengthening weak abdominal muscles
- decreasing blood pressure
- improving asthma symptoms

Breathing Exercises

1. Begin by sitting or lying down in a comfortable position. Breathe in slowly through your nose for a count of six. Hold your breath for a count of six, then exhale slowly through your mouth for a count of eight. Repeat several times.
2. Again, begin by sitting or lying down in a comfortable position. Hold your left nostril closed while you breathe in long and slow through the right nostril only. Release the left nostril and breathe out slowly through both sides of the nose. Then, hold the right nostril closed while you breathe in long and slow through the left nostril. Release the right nostril and breathe out slowly through both sides of the nose. Repeat this alternate nostril breathing several times to enhance mental clarity and focus, as well as increase relaxation.

Make it a Habit!

Once you perfect the practice of deep breathing while you are at rest, begin using this technique frequently throughout the day. You can practice anywhere, anytime and will soon begin to notice the benefits.

Journaling Tips



- Use an inexpensive spiral notebook or composition book as your journal. It's hard to scribble freely in a special or expensive book and you need to be free to write or draw anything. Save your beautiful leather-bound journal with handmade paper pages as a place to record your favorite poetry or quotations.
- Keep a special pen with your journal or even a set of colored pens. You can use a color that matches your mood or switch colors to highlight a portion of your journal entry.
- Have crayons or colored pencils on hand if you enjoy drawing. Some days it is nice to illustrate your journal entries or use a picture instead of words to convey your feelings.
- Choose a regular time every day for journaling and try to stick with it. Some people like to get up a little early and journal in the morning to set their intention for the day. Others like to write before bedtime and reflect on issues and events that arose during the day. It doesn't matter when you journal, only that you do it consistently.
- Start with a 90-day journaling challenge. Commit to journaling once a day – even if only a few sentences – for the next 90 days. Once you complete the challenge, journaling will have become a habit and will be much easier to follow through with every day.
- Even if you are very short on time, write at least a few sentences in your journal. The act of opening your journal, recording the date and scribbling a few lines will help you continue your practice.
- Do a 4-spectrum check-in when you journal: How am I doing right now in Body, Mind, Spirit and Shadow?

Lesson 1: Suffering

Basic Strategy



When you are suffering, whether due to physical, emotional or spiritual distress, remember to face your difficulties head-on. Trying to run away from your pain or numb it will only lead to more suffering down the road. Manage your fear and seek support from others. Here are some specific tools for coping with distress during difficult times:

- **Laugh.** Laughter causes the release of natural endorphins in the brain, which help increase your ability to tolerate pain. So watch a funny movie, humorous videos on YouTube, or enjoy a laugh with friends.
- **Listen to music.** Music has been shown to be effective at reducing the experience of pain for a variety of reasons including increasing relaxation, causing distraction from negative feelings, and also creating neurochemical changes in the brain. Try various types of music that you enjoy to see which is the most effective for you.
- **Exercise.** Moving the body has been shown to reduce pain by releasing endorphins and improving function. Go for a walk, dance, do yoga or just move any part of your body that you can use without further injury. Check with your doctor or physical therapist first if you have a condition that makes exercise difficult.
- **Get a massage.** Studies have shown that massage can be as effective as pain medications for alleviating discomfort and can also help with inflammation, swelling and stiffness. In addition, massage also causes the release of endorphins, which have already been discussed.
- **Pray or meditate.** Prayer and meditation have both been shown to be effective at reducing pain by increasing relaxation, providing distraction and alleviating anxiety.

Lesson 1: Suffering

Self-Compassion Practice



This practice will help you send loving energy and compassion throughout your body to areas where you are experiencing pain, discomfort or emotional distress.

1. Sit in a comfortable position with your feet on the floor. Or you may lie down on your back if you prefer.
2. Close your eyes and place one hand over your heart.
3. Take two long, slow deep breaths as you allow your body to become more relaxed.
4. On the next inhale, imagine that you are breathing in a ray of pure, white light through the top of your head and down into your heart, underneath the resting place of your hand.
5. As you exhale, feel the warmth under your hand as that light energy begins to expand within your heart.
6. After 4 cycles of this breathing in of pure light, begin to imagine that with each exhalation this light of compassion is radiating from your heart to the area of your body where you feel pain.
7. See the light surrounding your pain with soothing, calming energy.
8. Now continue to breathe in the light of love and imagine that you are releasing your pain with each exhalation.
9. Gradually return to normal breathing when you feel ready to end the practice.

Lesson 1: Suffering

Talking to Your Pain



1. Sit or lie in a comfortable position with your eyes closed.
2. Take 2-3 deep breaths and allow your body to become relaxed.
3. Focus your awareness on the area where you are experiencing the greatest discomfort at this time.
4. Keep your attention on the pain and don't turn away from it. Observe the pain without judging it or feeling emotion.
5. Breathe deeply into the pain, sending your breath and loving energy to that area of the body.
6. When you feel a slight shift in the pain, such as a decrease in intensity or movement to a different location, ask the pain what it wants you to know.
7. Continue to focus all your attention on the pain while you wait for an answer to come to you. Remain in a state of non-judgmental observation during this time.
8. You may become aware of an "answer" to your question, such as an insight into the deeper meaning of this pain you are experiencing. If so, acknowledge this awareness with gratitude and understanding.
9. If you do not sense that there is an answer coming to you, continue breathing into the pain until you feel a release or lessening of the discomfort.
10. Gradually return your breathing to normal and allow yourself to return to a non-resting state.

Lesson 1: Suffering

E.F.T. for Pain Relief



Emotional Freedom Techniques (E.F.T.), also known as tapping, has been demonstrated to be effective in reducing pain symptoms and studies are now showing that the practice can help reduce cortisol levels and stress. It is a simple technique that can be learned quickly and requires no special tools. (www.TheTappingSolution.com)

The steps of EFT:

1. Define the problem. Be clear and specific about the problem you would like to address with EFT, which can be an event, emotion, symptom or belief (e.g. *My anxiety, My chronic headaches, My traumatic memory.*)

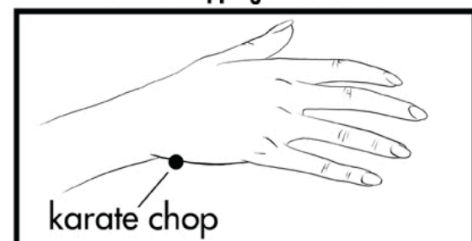
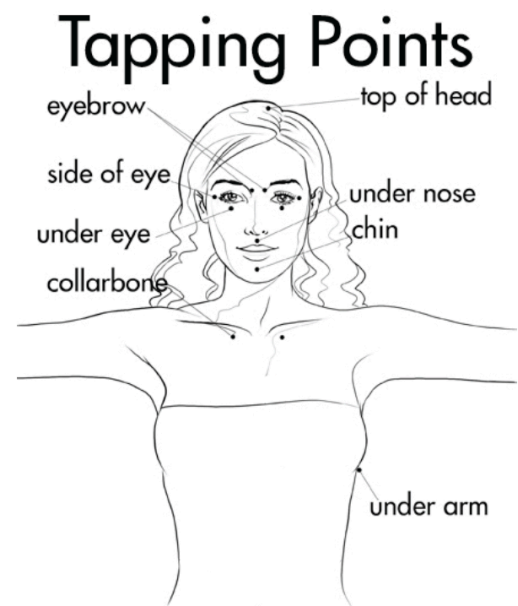
2. Identify where in your body you feel distress from this problem and rate the level of distress on a scale from 0 to 10, where 10 is maximum intensity.

3. Create an affirmation statement. Use the following template or create your own:
Even though I have _____ (name the problem), I deeply and completely accept (love, forgive) myself.

4. The Setup: Repeat your affirmation statement 3 times while you continuously tap on the Karate Chop point of the left hand using the fingertips of the right hand (or you may reverse the hands if you prefer.)

5. Tapping: Now you progressively tap on the rest of the tapping points while repeating to yourself the target problem from your affirmation (e.g. *"this headache"* or *"my anxiety"* or *"this trauma."*)

6. Take a deep breath when you finish tapping.



Lesson 2: Love

Basic Strategy



These are some suggestions for cultivating Love in your day-to-day life:

- Recognize that every connection in your life has a purpose.
- Discover who in your life is waiting to experience the sharing of Love with you.
- Even if you are alone, open your mind and heart to others so you can see opportunities to give and receive genuine Love.
- Allow yourself to be vulnerable in your deepest relationships, focusing first on what you can give to others.
- Begin with small acts of generosity and become open to the possibility of miracles in your everyday life.
- Strive to be authentic in every action.
- Find a way to love yourself that is not selfish, but that embraces the presence of the Divine

Lesson 2: Love

Lovingkindness Blessing



The Lovingkindness Blessing is a traditional Buddhist prayer that can be spoken for oneself and for others. As a daily prayer, the blessing creates a sense of tranquility, acceptance and peace and calls for the attainment of one's highest potential in order to spread healing and love to the world.

This blessing is very effective during times of anxiety, fear and anger and can help foster a positive attitude and mindset when spoken for oneself.

As a prayer for others, the blessing generates compassion and understanding while encouraging others to be a source of healing for this world.

Memorize this simple prayer and you can use it every day to help you in various situations. The two forms of the blessing (first and second person) are presented here. This is the version I have learned, though there are several other variations of the blessing.

May I be at peace.

May my heart remain open.

May I realize the beauty of my own true nature.

May I be healed.

May I be a source of healing for this world.

May you be at peace.

May your heart remain open.

May you realize the beauty of your own true nature.

May you be healed.

May you be a source of healing for this world.

Lesson 3: Forgiveness

Basic Strategy



To get and stay healthy in all aspects of your being, you need to begin the process of forgiveness, sooner rather than later! To successfully forgive everything you are carrying with you might take quite a long time - that's why should start now and begin "unpacking" that baggage you are toting.

Here are a few strategies to help you with this difficult process:

1. **Keep a journal** where you identify the major issues in your life for which you need to practice forgiveness. Remember that you may need to forgive *yourself* for past actions and failures, *others* who have harmed you or even *God*, if you feel spiritual anger over events in your life. As memories come to the surface you may need to keep adding to this list.
2. As you review the events on your list, **practice deep breathing, prayer or meditation** to help you remain calm and centered. Enter the witness state, if possible, and simply observe that this is how your life has unfolded.
3. **Refrain from placing blame** for anything that has occurred in the past. Keep your mind open and remind yourself that you don't know why things have happened as they have. Remain willing to accept the past just as it was, with no regrets or resentments.
4. **Practice letting go of the past** by performing rituals to help you visualize that act. Releasing helium-filled balloons to the sky is one symbolic act of letting go (however it is not very friendly to the environment.) You might also throw flower petals into a stream or lake, light a candle or small campfire and watch it burn to the end, or, when you are ready, tear up your list of grievances and burn it in the fire.
5. **Planting a "forgiveness garden"** is one ritual that can signify your work on letting go of the past. Tending to the flowers you have planted, pulling weeds and tilling the soil can be acts that support your growth in compassion and tolerance.

Lesson 3: Forgiveness

Ho'oponopono



In the Hawaiian language this word literally means to “put things in order” or “make things right” and originated with the cultural belief that forgiveness of past wrongs is necessary in order to heal sickness.

The beauty of this practice is that it offers something to do, a way to help, when tragedy occurs. But an additional asset of ho'oponopono is the fact that it can be carried out very simply, by repeating four brief phrases. So this technique can be used anytime and in any place to help bring more positive energy and compassion to any situation. Here are the 4 phrases and the deeper meaning behind them:

- **“I’m sorry.”** The process begins by taking responsibility for what has gone wrong. Saying I’m sorry means that you are willing to bear your share of the suffering that is taking place and you are not seeking to blame anyone else. You are opening your heart to the pain that is present in the situation.
- **“Please forgive me.”** Asking for forgiveness means that you want to restore harmony and put things back in order again. It also means that you are willing to forgive yourself and everyone else involved in the difficulty.
- **“I love you.”** Offering your love helps heal the brokenness that exists and strengthens the bonds between everyone involved. It is a sign that reconciliation has occurred.
- **“Thank you.”** By expressing gratitude you acknowledge that this opportunity to heal is a gift for which you are grateful. But you are also giving thanks in a larger sense for life itself, which includes every triumph and every tragedy.

These 4 simple phrases can be used as a mantra or prayer whenever negative emotions or events occur. Ho'oponopono is one practice with a great potential to bring about healing and reconciliation where it is desperately needed.

Lesson 4: The Present Moment

Basic Strategy



Remaining in the present moment will be one of your most difficult spiritual tasks, but any small amount of progress made can have great impact. Here are some simple strategies:

- Use reminders, such as a small bracelet on your wrist or notes to yourself in your workspace, to help you bring your attention over and over again back to the present moment.
- Spend time in meditation or prayer every day to practice focusing your attention.
- Utilize mundane everyday tasks, such as washing dishes or doing laundry, as an opportunity to improve your ability to be present: instead of daydreaming during these activities, bring your full concentration to them, noticing the small details detected by your senses, such as feel, smell, or sound.
- Spend time in nature, free of your daily distractions, and tune in to the rhythm of life, always unfolding in the present moment.
- When you catch yourself worrying about the future or mulling over the past, stop everything and take a deep breath. Remind yourself that none of these thoughts matter right now in this moment and feel the relief of dwelling in present time, even if only briefly.

Lesson 4: The Present Moment

Mindfulness Meditation



In his book “Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life,” Jon Kabat-Zinn gives recommendations for starting and maintaining a meditation practice through numerous essays about the ups and down of such a practice. Here are some of his suggestions, which might help you in your efforts to become a meditator:

- **Make time each day for practice.** This goes without saying – if you set aside a regular time each day (like first thing in the morning or before you go to bed at night) you’ll be more successful at keeping up a consistent practice.
- **Keep it simple.** Don’t go to too much trouble or create a complicated ritual because you’ll be less likely to keep it up over time.
- **Stop and be present.** The most important step is stopping whatever else you have been doing for even a few minutes and notice the present moment. You can do this anywhere, at any time.
- **Pay attention to each moment.** No matter what you are feeling or thinking, this is what you should pay attention to. You don’t have to notice anything other than what is already happening right now in this moment.
- **Focus on the breath.** Watch yourself breathe in and out and follow each breath. This simple technique can help you anytime you get overwhelmed or distracted. Just keep returning to your breath.
- **Be patient.** Cultivating a practice such as meditation takes time so you have to have patience for the process.
- **Practice, practice, practice.** The consistency with which you practice will make all the difference, so keep it up whether you feel you are making progress or not.
- **Don’t judge.** Keep an open mind and let your practice unfold in its own way. There is no right or wrong way to meditate so stop trying to be perfect.

Remember that you will reap the benefits of a meditation practice no matter how long you practice or how “well” you do it. Just get started and see where it takes you.

Lesson 5: Purpose

Basic Strategy



Finding your true purpose in life is about manifesting your highest potential. To accomplish this you must take several steps:

- Alter your definitions of success and meaning as you focus on living your highest potential in the moment.
- Free yourself from expectations of achievement and acquisition, as much as possible.
- Don't try to eliminate desire from your life, but have compassion with the parts of yourself that are unfulfilled.
- Work harder to stay in the present moment, even while making necessary plans for the future.
- Focus on staying in balance in everything you do.
- Remember that you co-create your path, one step at a time.
- Start over an infinite number of times with the intention to just be your highest possible self.
- Do everything with diligence and hold yourself accountable for the results.
- Use the images of clarity, a cloudless sky or deep pool of still water, as mental reminders that your purpose is simple and already within you.

Lesson 5: Purpose

Getting Back in Balance



A yoga teacher once told me that falling out of balance is important because it allows us to practice getting back into balance again. We have to learn what it takes to find that calm, middle point where we can exist with equanimity. And the more we practice falling out and getting back into balance, the better we will be able to tolerate life's ups and downs in the future. Here are some ideas and practices to help get re-balanced:

- **Change your diet.** A new way of eating may boost your energy level.
- **Try a new exercise.** How about yoga, zumba, paddle-boarding or jazz aerobics.
- **Read a classic book.** Try *War and Peace*, *The Road Less Traveled*, *The Prophet*, *The Catcher in the Rye*
- **Tend a garden.** You don't have to have a "green thumb" to grow a few flowers in your yard or plant some herbs. Watching a plant grow and tending to its needs for water and sunlight are very therapeutic. Even if you live in an apartment, get a flowerpot, plant a geranium or azalea and place it on your windowsill.
- **Spend time near moving water.** Research has shown that there are high concentrations of negative ions in the atmosphere around moving water (oceans, rivers, waterfalls, streams) and those negative ions are energizing for us. If you can, sit and meditate or pray while you are near the water for a powerful effect. If you live in a big city without natural water resources nearby, you can at least seek out a fountain with splashing, tumbling water and imagine you are in the woods.
- **Gaze at the night sky.** Get away from city lights, lay down on a blanket and stare up at the vast expanse of stars, planets and galaxies above. When you perceive the enormity of the universe your own problems seem very small, indeed.

Lesson 6: Surrender

Basic Strategy



Learning to let go of control and accept the outcome is one of life's most difficult spiritual tasks. Use these basic principles as you work on this concept:

- Become aware of your hidden agendas and seek to understand rather than eliminate them.
- Spend time in contemplation and journaling to bring to light your fear and greed.
- Review the previous lessons to determine where you still need to clear away the clutter of old resentments and limiting ideas.
- Utilize the practice of “don't know mind” to counteract overanalyzing the past and future.
- Cultivate within yourself respect for not knowing the answers to every question in life and resting patiently in the unknown.
- Make note of synchronicities in your life.
- Focus on experiencing harmony as an internal goal.
- Practice non-directed prayer, asking that the greatest good for all be granted, rather than a specific, self-focused outcome.

Lesson 6: Surrender

How to Pray (even if you're not religious)



The word “prayer” comes from a root word that means “to ask” and is also the root for the word “precarious.” So prayer, in a sense, means to ask for help in precarious times, which is precisely why it is an appropriate practice for today. Pray because it will help you connect with others in the world who are suffering; pray because it will help you tap into the energy of all of life for sustenance; pray because it is an intentional act of goodness that far exceeds doing nothing.

How to pray:

- **Create a quiet space.** Try sitting, kneeling or even lying down in a comfortable place where you won't be disturbed.
- **Calm yourself** by taking a few deep breaths.
- **Contemplate** the concerns you have and set your intention on holding them in your heart during this time. You may want to begin with concerns for yourself, then expand to others in your life, your community, nation, planet, etc.
- **Connect** with the flow of energy around you. Allow yourself to sense the pulse of life and creativity that infuses everything. For some this is called Spirit or God or the Divine, but you might simply perceive it as an energetic life force.
- **Communicate** either silently or aloud by naming your concern, then visualize sending your own love and compassion to that person or place.

Studies that have been done by Spindrift Research using prayer have shown that all forms of prayer can be effective, but that “non-directed” prayer can have the greatest impact. This means praying for the greatest good for all rather than asking for a specific outcome. In this way you acknowledge that there is greater wisdom in this Universe than your own and that you may not be able to see the best outcome for the situation, but you are still sending your own loving intention for the good to that person or place.

Lesson 7: Impermanence

Basic Strategy



For this final lesson it is of utmost importance to face the fear of death and overcome it by accepting that everything ultimately dies.

- Focus on bringing all the hidden parts of you out of the shadow and into the light of awareness.
- Become more integrated by listening to both your heart and mind when making decisions.
- Foster courage by tackling your difficulties head-on.
- Review your relationship to suffering in your life from the perspective of impermanence – everything is fleeting, nothing will last.
- Observe the presence or lack of consistency in your behavior and attitude, then work to unite the compartmentalized parts of yourself.
- Acknowledge the presence of doubt to align it with your heart and spirit, then focus on acting without hesitation in the present moment.

Lesson 7: Impermanence

Mandala Practice



Building a mandala (a geometric design inside a circle) of colored sand is a tradition of Tibetan Buddhist monks. They may spend several days creating intricate designs within the mandala, only to sweep it all away once it has been completed. This exercise is to remind them of the transitory nature of all living things.

You can create your own mandala as a ritual to help you let go of attachments and celebrate living in the present moment:

1. Gather a number of objects from nature, such as leaves, sticks, rocks, flower petals. If you are doing this exercise with a group, have each person gather several items to be used in the mandala. You can also use pieces of broken glass, yarn, cloth, or sand.
2. Make a circle of sticks and/or rocks as the outer border of the mandala.
3. Place the other items you have gathered within the circle, creating designs with them. You may want to place just a few items each day so that the mandala grows gradually over time. Have each person involved create their own unique patterns within the circle.
4. After the mandala is complete, spend some time in gratitude for the beauty of the design you have created. Allow time for each person involved to enjoy the mandala.
5. Slowly begin to disassemble the mandala, removing each piece mindfully and with care. Contemplate the fact that everything ultimately dies.
6. Gather the natural objects used in the mandala and scatter them on the ground or in a moving stream – releasing them back to the Earth.

What Really Matters Workbook

Your Individualized Practice Schedule



Now it is up to you to utilize the information in this workbook to create your own schedule of practices to help you learn more fully *what really matters*.

1. Start by reviewing the results of your assessment. Where do you feel you have weaknesses? In which areas do you most need to grow?
2. If you are new to the idea of following a daily practice, begin simply with deep breathing. For the first week commit to taking a series of 3 deep breaths, 3 times a day. Use the calendar on the following page to record your commitment to practice and your actual performance.
3. Next you might add journaling once a day. You can use the journal prompts at the end of the workbook or just write a few paragraphs each day about how your day has gone.
4. If you already have an established daily practice, then choose one additional practice to add to your schedule. Perhaps you need some work on forgiveness or compassion, then choose a practice to help you cultivate those qualities.
5. Keep in mind that you may want to change practices from time-to-time and work on different aspects of your growth. Deep breathing and journaling are two of the practices that you may want to maintain over the long term, but the others can be interchangeable.
6. New practices can be added as needed, depending on the life experiences you encounter. Having a “tool kit” of practices at hand can help you be more resilient during difficult times.

What Really Matters Practice Calendar

Print this calendar and record your practice commitments each day.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

What Really Matters

Journal Prompts



Use these questions and prompts to help you in your journaling practice.

1

- What suffering have you experienced in life?
- How have you coped with suffering in the past?
- What can you learn from your suffering?

2

- When do you struggle to give love?
- How has love broken your heart?
- What frightens you about love?

3

- Who do you need to forgive?
- What do you blame yourself for?
- What resentments are you holding onto?

4

- What keeps your thoughts focused on the past?
- What do you daydream about?
- List all the things you are grateful for in this moment.

5

- What is your definition of success for your life?
- What are your secret ambitions for life?
- How can you learn to love whatever you are doing right now?

6

- What are your expectations for the future?
- What do you believe you are entitled to receive?
- How can you clear your internal clutter to make room for new growth?

7

- How have you embraced or resisted change in your life?
- How does doubt prevent you from growing?
- What do you need to let go of in order to move your life forward?

Thank You for Completing the What Really Matters Workbook!

Again, congratulations ...

I'm so glad you have taken the time to invest in yourself and your growth. I hope you will continue to use the practices you have learned in this workbook to enhance your spiritual development and find greater joy and peace in your life, for that is the mission of my work.

“Be patient with yourself. Self-growth is tender, it's holy ground. There is no greater investment.” –Stephen Covey

As time goes on if you should desire to go even deeper into these 7 Lessons of spiritual growth there are additional opportunities and more practices for you to learn what really matters. I have created the

7 Lessons Wisdom Path

- an opportunity to study these lessons in depth during a series of 7 one-on-one individual consultations with me, which can be scheduled over any time frame from 7 weeks to one year. If you are interested in learning more please contact me at karen@karenwyattmd.com.



May your life be blessed with *What Really Matters!*

Karen M. Wyatt M.D.

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