

What Matters to You?

What matters to you? What do you care about? What interests you? Write down the first things that pop into your head immediately. For each thing that you write down, assign a number from 1-10 (10 being the highest) that indicates how much each thing matters to you. (This can be the same list as your November reflection.)

Next, spend a couple more minutes digging a bit deeper and thinking about things that you care about that you might have missed the first time around. These things might be more abstract or could be something that you see as a need in the world. For each additional thing that you write down, also assign a number from 1-10 (10 being the highest) that indicates how much each thing matters to you.

It is typical to have a few 10's and then many other "lower valued" items. The main point is to jot down as many things as possible even if it's just a "1" or a "2" in relation to other things that you care about. All of your answers are right!

Submit: For all of your assignments that require a submission, you may submit a simple text entry or you may upload an audio or video recording.

An example from Mr. Satanapong:

Family: 10

Dog: 9

Design: 8

Creativity: 8

Creating/Building: 8

Love and Belonging: 8

Relationships (Friends + Co-workers): 8

Photography: 4

Play: 5

Playing basketball: 3

Playing golf: 1

Watching basketball: 1

Elderly care: 1

Mindfulness: 3

Electronics/Gadgets: 1

Stock market: 4

Animal rights: 1

--Andrew Satanapong, High School Counselor, Stanford OHS