

Your integrated mattering plan.

Ready to put mattering into action? Work-Life Integration and Sustainable Transformation require energy, intention, and commitment. This is your opportunity to grow in each of the Mattering Mindset™ perspectives of “I matter,” “You matter,” and “We matter.”

STEP 1: Pick a strategy from the Mattering Mindset™ perspectives using the examples from the next 3 pages of this PDF. Example: “GIVE BACK”

STEP 2: Commit to a specific and attainable action to carry out the strategy. You may identify ways that you can enact these strategies in life and at work. Examples:

- **IN LIFE ACTION:** I commit to participating in a volunteer event 4 times per year that aligns with passion and purpose of _____.
- **AT WORK ACTION:** I commit to hosting 1 volunteer event per year and inviting all employees and family members to get involved.



	Strategy	Action In Life	Action At Work
I matter			
You matter			
We matter			

TIDBITS TO CONSIDER BEFORE COMPLETING YOUR MATTERING PLAN:

- The more we can select strategies and commit to actions that align and involve our life at home and at work, the more work-life integration we will experience.
- The following pages are just ideas for you to consider. Please feel free to come up with your own strategies and actions that best align with your purpose and passions.

I matter

I am here for a reason and choose to embrace who I am and who I want to become.



STRATEGY: KNOW WHAT MATTERS MOST

Your legacy starts today. How do you want to be known? Start with your values and let them be your guide to help you find your purpose so you never waiver from what matters most to you.

- **IN LIFE ACTION:** I commit to reflecting on and writing down 5 values that matter most to me. I will then share these values with those I am closest to in my life. From this day forward, I will live according to these values.
- **AT WORK ACTION:** I commit to reflecting on and writing down 5 values that matter most to me. I will then share these values with my colleagues and inspire them to do the same. I will show up everyday at work in alignment with these values.

STRATEGY: CELEBRATE THE JOURNEY

Life is a journey made up of moments. Some moments are positive, while others are more challenging, but they all matter. Let's be mindful and celebrate every moment we experience.

- **IN LIFE ACTION:** I commit to journaling for 5 minutes each day to reflect on key moments and to find gratitude in all of them. Yes, there is always a silver lining.
- **AT WORK ACTION:** I commit to celebrating the big and small wins, as well as the growth opportunities, by treating myself to a gift or doing something I love.

STRATEGY: LOVE TO LEARN

There are the things we know that we know, things we know that we don't know, and things we don't know that we don't know. In other words, we always have more to learn.

- **IN LIFE ACTION:** I commit to starting a new hobby that challenges me and keeps me open to trying new things, even knowing I probably won't be very good at first.
- **AT WORK ACTION:** I commit to asking for feedback on a more regular basis in order to identify ways to improve as a leader and teammate.

YOUR IDEAS

You matter

I understand how I impact others and choose to accept, empower, and value them.



STRATEGY: ASK OFTEN

Asking meaningful and open-ended questions is one of the quickest ways to learn about someone and show them you care. Or, as we like to say, to help them know they matter to you.

- **IN LIFE ACTION:** I commit to asking more meaningful questions and being a more active listener with those I care about as well as perfect strangers. I will also start to value the question, “How are you?” much more than I have before.
- **AT WORK ACTION:** I commit to doing weekly check-ins with my team with the goal of understanding how they are, how I can best serve them, what new ideas they may have, and what opportunities and/or challenges they may be experiencing.

STRATEGY: GIVE A COMPLIMENT

We all thrive off of recognition and it doesn’t have to be something major. A simple, heartfelt compliment helps someone feel seen, heard, and valued. Not sure what to say, then just share your smile. It can change someone’s day.

- **IN LIFE ACTION:** I commit to give one genuine compliment to one person a day.
- **AT WORK ACTION:** I commit to acknowledging the effort and unique talents of each member of my team on a weekly basis.

STRATEGY: WRITE A NOTE

Texts and emails might be easier, but they are not as meaningful. Take the time to write and send someone a handwritten note. We promise it will make a lasting impression.

- **IN LIFE ACTION:** I commit to writing and mailing one “just because” card per month to someone in my life that truly matters to me.
- **AT WORK ACTION:** I commit to mastering the power of a Sharpie Pen and Post-It Notes to inspire and empower my colleagues in the smallest, yet most meaningful ways.

YOUR IDEAS

We matter

I am part of something bigger and choose to contribute to the greater good.



STRATEGY: GIVE BACK

Giving back is one of our super powers. Not only does it have a positive impact on the lives we touch and our communities, but it also drives meaningful connection.

- **IN LIFE ACTION:** I commit to participating in a volunteer event 4 times per year that aligns with passion and purpose of _____.
- **AT WORK ACTION:** I commit to hosting 1 volunteer event per year and inviting all employees and family members to get involved.

STRATEGY: WELCOME NEWBIES

Welcome new ideas, new people, new adventures, new approaches, and new perspectives.

- **IN LIFE ACTION:** I commit to hosting an annual block party to invite and connect with all of my neighbors in my community.
- **AT WORK ACTION:** I commit to hosting a monthly new hire celebration lunch to help welcome our new people and inspire new and deeper connections.

STRATEGY: CURATE CULTURE

We all play a role in creating the culture we wish to have. Want more authenticity, be more authentic. Want more transparency, be more vulnerable. Want more accountability, take more ownership. Culture is truly a “we” thing.

- **IN LIFE ACTION:** I commit to leading a discussion with my friends and/or family to design a shared value system to create a vision for what we want to create together.
- **AT WORK ACTION:** I commit to sharing the understanding that culture at work is no longer a top-down endeavor. It is also bottom-up and middle-out. Then, together, we will create a plan to curate the culture we believe matters.

YOUR IDEAS

Together, we can make it matter

- 73% of employees are not engaged at work
- 66% of employees do not believe their company cares about their overall well-being
- 51% of adults are lonely
- 49% of employees are open to leaving their organization

The same leadership skills and strategies that got us to where we are today aren't the same ones required to get us to where we need to go tomorrow and in the months and years to come. Most people think that success in the future of work requires a deep focus on profitable growth. What those who have experienced the Mattering Mindset™ understand is that empowering personal growth at all levels is the foundation that needs to be created before focusing on anything else.

Together, we can drive deeper connection and purpose, enhance engagement and trust, and build high-performing teams that are ready for whatever lies ahead.

A few clients



A few offerings

- Keynotes
- Learning & Development Workshops
- Team-Building Experiences
- Giveback Experiences
- Annual Culture and Engagement Program
- 4 Best-Selling Books by Matthew Emerzian

Let's connect

Matthew Emerzian
Founder/CEO
matthew@everymondymatters.com

everymondymatters.com
matthewemerzian.com