

**JANUARY MONTHLY THEME:**  
**TAKING MEASURE—*THE VALUE OF WHAT REALLY MATTERS***

For many January is a time of reflection and resolutions. After a disruptive 2020, the arrival of 2021 may be sparking your own reflections about what you have (re)learned about what matters most to you? This month, our theme encourages us to pause and reflect as we consider not only our life, but also *how* we are measuring our life. The tool or unit by which we take measure of our lives will shape our actions and attitudes towards ourselves and others. What constitutes success, satisfaction, or a life well lived? Reflecting on this question challenges us to pay attention to what really matters to us as well as to notice competing values that would distract and interfere with our deeper values.

**Which question is calling to you? Where is it leading you?**

1. Name three values by which you measure the quality of your life.
2. Who matters most to you? Do they know it?
3. What activities or relationships are distracting or interfering with your deepest values?
4. In what ways has the pandemic revealed or highlighted what matters to you?
5. How do you remind yourself of what matters to you?

**Wise Words:**

It's important to know what really matters in life. Your sanity; your health; your family; and the ability to start anew.

*Les Brown*

Son, don't mind what's missing. Count all that's free: friendship, laughter, all the love your heart can carry, and time—count time.

*Nikki Grimes*

You may have lost your way temporarily but don't lose sight of what matters most on your journey back to happiness.

*Leon Brown*

Severe opposition is a measure of success (because) one inevitable result of winning a majority change in consciousness is a backlash from those forces whose power depended on the old one. *Gloria Steinem*

Each morning we are born again. What we do today is what matters most.

*Buddha*

Almost universally, when people look back on their lives while on their deathbed [...] they wish they had spent more time with the people and activities they truly loved and less time worrying about aspects of life that, upon deeper examination, really don't matter at all that much. Imagining yourself at your own funeral allows you to look back at your life while you still have the chance to make some important changes.

*Richard Carlson*

You may not control all the events that happen to you, but you can decide not to be reduced by them.

*Maya Angelou*

The true harvest of my daily life is somewhat as intangible and indescribable as the tints of morning or evening. It is a little star-dust caught, a segment of the rainbow which I have clutched. *Henry David Thoreau*

The things that matter most must never be at the mercy of the things that matter least.

*Johann Wolfgang von Goethe*

Success isn't about how your life looks to others. It's about how it feels to you. *Michelle Obama*

It is not the style of clothes one wears, neither the kind of automobile one drives, nor the amount of money one has in the bank, that counts. These mean nothing. It is simply service that measures success.

*George Washington Carver*