



What Matters to Me

A REFLECTION · MIRROR HEALTH

It's easy to lose sight of what matters when you're just getting through the days. This is a chance to step back and notice what you care about, what feels off, and what you'd like to move toward — there are no wrong answers, and you don't have to fill in every box

A recent moment I felt content, proud, or like myself — what I was doing, and who was there

Area of life	What matters to me here — and what I'd like
Body & health sleep, energy, movement, eating, medical care	
Relationships family, friends, the people you want to be closer to	
Faith & spirit prayer, community, what feeds your soul	
Work & purpose what gives your days meaning or direction	
Rest & enjoyment how you unwind, play, and recharge	

Something I'd like to move toward — and where I could begin

If you're a Mirror Health patient and want to go over it together, you can share it through the secure Charm patient portal or bring it to your next visit

This worksheet is an educational tool, not a substitute for professional care, diagnosis, or treatment, and using it does not create a provider–patient relationship. If you are in crisis, call or text 988, or call 911.

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