

Chapter 1 : Finding in my life what matters - Poem by Peter Kiggin

Just because we are not sick does not mean we are healthy. Our state of health is not neutral. We are either improving and heading down the path to optimal health, or declining and heading down the path to disease.

Finding out what matters most at the end of life Presented by The John A. Hartford Foundation By Kate Silver September 21, When Ellen Goodman and her mother would speak about end-of-life wishes, it was always in the most general terms. Looking back, Goodman wishes someone had told her about a specialty of medicine called palliative care, which aims to reduce the pain and stress associated with serious illness or the end of life, while putting the person and his or her wants front and center. Hartford Foundation, an organization helping to improve the care of older adults, works to educate people and shift discussions to focus on living well in the face of serious illness and dying with dignity. Berman believes that can happen by encouraging people to have conversations early in life with their families and clinicians about their wishes for care. Should they become seriously ill, they would receive care that matches their goals and preferences. In many cases, this means families receive support and health costs are lowered by limiting unwanted medical interventions. Treating the person, not the disease People frequently confuse palliative care with hospice, or end-of-life care, says Berman, or they assume that it means someone has given up. Palliative care can relieve symptoms and pain and address the stress that comes with serious illnesses such as cancer, congestive heart failure, lung disease, dementia and more. When opting for palliative care, a person will express to palliative doctors, nurses, social care workers and other specialists what he or she wants in life and at the end of that life, and that team can work to create a more dignified, personalized and humane course for the patient and their family. Palliative care can be provided alongside curative care at any stage in a serious illness or towards the end of life. Hartford Foundation The John A. Hartford Foundation is a private, nonpartisan philanthropy dedicated to improving the care of older adults. According to the Center to Advance Palliative Care, 90 million Americans are living with serious illnesses – a number that will only rise as the baby boomer generation ages. The Dartmouth Institute for Health Policy and Clinical Practice found that 32 percent of total Medicare spending goes to pay for patients with chronic illness in the last two years of living. They also found that in the last six months of life, people in the United States spend, on average, 7. In fact, evidence points to the contrary. A study published in the New England Journal of Medicine compared outcomes of newly diagnosed patients with metastatic non-small-cell lung cancer, which is the leading cause of cancer-related death globally. Of the patients, one group received palliative care and the other received standard care. Those who received palliative care reported better quality of life, lower rates of depression and they lived 2. Aggressive intervention in the late stages of an illness can bring more harm than good, and no evidence exists that says spending more money on health care and medical procedures results in a better quality of death. Palliative care is also less expensive than standard care. The study, Cost Savings Associated with U. In standard medical care, the clinician focus tends to be on test results and clinical indications of how a disease is progressing. Palliative care flips that approach. We want to feel well. Hartford Foundation works to improve and expand access to high-quality palliative care for older adults and others with serious illness. The Foundation does this by informing public policy that supports the needs of seriously ill individuals, developing approaches to educate the health care workforce, funding organizations that help meet those goals and bringing together leaders in palliative care to discuss strategies on angling the national conversation toward more understanding and use of palliative care. How we can advance palliative care in the U. It may be a small team. And we need to expand beyond hospital-based palliative care. One of the next goals is to increase the availability of community-based palliative care. Hartford Foundation Question What are some of the challenges when it comes to implementing palliative care services? Answer Clinicians who are seeing seriously ill individuals should all have basic training on palliative care practices. When their skill and knowledge is not enough, they should have access to experts in palliative care - doctors, nurses, social workers, chaplains - so that the person who is ill and their family can be supported. We also need to have more of those experts available out in the community and we need the public to have a better understanding of what palliative care is and how it helps people get through

the difficulties of treatment and living with chronic conditions. Hartford Foundation Question What steps can people take to make their own health values and goals known? Answer The John A. The things that you would or would not want to happen to you at the end of life. Current care planning is making sure that your care matches with your goals. If your goal is to feel well and be able to function, to keep working and spend time with family and friends, then going through very heavy treatment may not help you. It may keep you from doing all the things that are important to you. That work has been gaining ground. If you look around the country, you can see the conversation changing as non-profits step up to educate physicians, medical schools, communities and policymakers about palliative care, with the support of The John A. The Center to Advance Palliative Care CAPC , for example, works in all health care settings to provide tools and training around the topic and increase access to quality care. Hospitals , in , In , that number increased to 75 percent. Their loved ones were left feeling guilty and questioning their own decisions. Hartford Foundation “ to encourage people to talk about their end-of-life wishes so that they can die the way they choose. How to start talking about end-of-life care The John A. Hartford Foundation, Cambia Health Foundation and California Health Care Foundation commissioned qualitative research to hear what patients and clinicians have to say about end-of-life care.

Chapter 2 : Find what matters contest - Tile

The first of five practices encourages people to simply "ask what matters?" then incorporate the tools and resources that assist them in living What Matters?! To begin the process of we encourage you to find out if you are living What Matters?! by taking our What Matters?! quiz.

With the three of us getting in person time, I started thinking about what it means to find your tribe. These women are so much more than friends. They are support, encouragement and empowerment. For me, they are two bad ass professional women who have collectively seen and done it all. Everyone has friends, right? I go to them for criticism, for improvement and for a road map through murky professional circumstances. Finding your tribe is not a new concept. For starters, a tribe definition: A social division in a traditional society consisting of families or communities linked by social, economic, religious, or blood ties, with a common culture and dialect, typically having a recognized leader. But more than just belonging, a tribe means that we are looking for people who share commonalities or possess the traits we aspire to adapt. Not just your girl friends but do you have a group of professionals who will give you timely and relevant advice? Do you have a group that will help you grow and brainstorm? If not, why not? We tend to build relationships and nurture them. Build your network out of ambitious and honest women. This tribe will feed you encouragement but also critical feedback that will help you grow. Close friends who you can share wine with. Or close colleagues at work who can help you get the day to day work done. Your tribe needs to be diverse. You need various levels of experience and purchasing power. I work at a law firm. I coach attorneys on how to build work with businesses. I need insights into who is making purchasing decisions in order to be providing real time value. Your ability to connect others, network and gain insights is tied closely with your network and your tribe is part of that network. It helps you to find your value proposition and it helps to keep you on track. I go to the Think Tank to break down my assumptions, my weak spots and my areas of opportunity. My tribe accepts me as I am "no judgement" but pushes me to be better, bigger, more successful. Not everyone experiences tribe the same but everyone can benefit from having a tribe of supporters who empower and encourage. Who is in your tribe?

Chapter 3 : Why Finding Meaning - Not Happiness - Is What Really Matters - Knowledge@Wharton

Finding What Matters Most. What pushes you through a lengthy rehabilitation? What inspires you to maintain your health? For Ronnie, a Veteran of the United States Marine Corps, the answer is simple: "I have a son who's 25, and I have a niece.

I disliked the homework, the rules, the group activities, the slow pace of the classes and the wasted time spent in my seat. I was bored most of the time and looking for ways to entertain myself during the long hours. I would much rather be outside fishing on the river, or hunting with my single shot. I was the kid who shot spit balls at the most studious girls in the class, or snuck under the outside fire escape at school so I could peek up the girls dresses when they went out for recess. I was the kid who tripped any boy who walked by my desk. I was the kid who got a transistor radio for Christmas that came with an ear piece. I brought it to school and told my teachers it was a hearing aid, and I was going deaf. Oh yes, and I was the one who deliberately misspelled a word on a spelling test just to keep the whole class from getting a perfect score. When I was told to spell that word correctly 50 times while everyone else was at recess, I would misspell it in a different way all 50 times, just to drive the teacher crazy. No, I was not your ideal student simply because I learned the material when it was explained, and in my mind, after that, my life was being wasted. None of the rest of the class time really mattered. Then one day in the ninth grade something happened. A switch clicked in my head when I realized that somehow Science did matter. The funny thing is, I spent all my working years teaching science, all because of this one day. The teacher asked science questions to the students one at a time, and whoever answered incorrectly had to sit down. The team that sat down first got homework that night. One by one students on both sides were taken down until there were only a few of us left on each side. Every time I was about to be asked a question, I would glance down at my hand, pretending to find an answer. Sure enough, no matter what was asked I would be right. Those in their seats were almost ready to riot when the only two students left standing on opposite teams were me, and the smartest kid in the class, Greg Hosplehorn. At this point everyone was wondering why the teacher had not called me out, since it was clear I must be cheating. Then to my great joy it happened, she told the class that whatever team lost would have a word essay to write that night on why it never pays to cheat. She then instructed me to not look at my hand, and answer the next question. The team I was on began to moan, some of my team mates threatened to beat me up. It was not pretty. The teacher smiled, asked the killing question, and without any hesitation I shot the answer right out. The class was stunned into silence. She asked Greg his question and true to form, the answer flew right out of his mouth. Back and forth we went for the remaining 10 minutes of the class, until the bell finally rang. At that point the teacher asked me to hold up my hands up for everyone to see. To the astonishment of all, they were empty. However, I walked out as brilliant, and a hero in the eyes of all. Because, something finally mattered. What things really matter to you? Do you know what they are, and are you going after them with all your heart? What are the passions in life that cause you to shine the way you were designed to be? Set time aside to be with the Holy Spirit and let Him define you with breath-taking specificity. You will never hit your high place of excellence, satisfaction and productivity unless you first know what you were made to do, and where you were made to do it. In other words, you have to find out what matters. I build ministers and ministries. I write books and Bible studies. I bring clarity to those who are confused. I am a spiritual father to many and a friend to all. I mentor those who desire to grow, and guide those who need to know. These things all flourish in my life whenever I get focused, and choose to participate in them the way God intended. Because of this, I find great satisfaction, and an ease of productivity filling my days. When I am living in my high place, everything just works, and I love it. Perhaps this is the season for you to discover what really matters. Let the searchings of your heart go deep. Find out what your passions are, and most importantly, where they are pointing you. If you desire it, you can live a life of purpose and productivity. You can find that deep place of satisfaction only God can bring you, and only He can keep you. It is in this place alone, where you find what really matters, that life has its full meaning. Once you find this, you can joyfully spend the rest of you life living it. Nowâ€¦ go find what matters, and be a blessing to others by doing it.

Chapter 4 : About the Organizer | Lasting Matters

Find What Matters. likes. Welcome to Find What Matters. This is a community of individuals who are interested in media literacy and finding good.

Digital overstimulation is the new norm. We upgrade our smartphone memory to accommodate our ballooning camera rolls, even screenshot our Snapchats to save something meant to be ephemeral. What are we losing in all that digital clutter? A lot, I would suggest. Determine what really matters to you. I doubt the picture you snapped of your avocado toast this morning is intended for posterity. At least, I hope not. So, what does matter to you? What is worth saving for your kids? Which are the photos you hope you will have access to one day in the future? When I am making a life story book for a client, part of the process is culling thousands of photos. Over the years I have found that most people gravitate toward many of the same types of pictures. Use a few of the criteria above, or come up with your own, and use that list as a guide for the next two steps. Use your downtime to archive the good stuff. But on other occasions—“at least a couple of times per month”—I would purposefully clean out the camera roll on my phone. That meant deleting duplicates and silly shots that I took on a whim, all the digital clutter. Mostly, though, it meant being intentional about the photos I wanted to keep—i. Remember the criteria you set above—“keeping what matters to you in mind at all times makes it easier to skip many photos that you otherwise love. Designate a safe space for archiving what matters. Social media is not the place to save your photos. Use an external hard drive, a cloud service, Dropbox, whatever method works for you that is safe. There are plenty of other blog posts that can help with a detailed plan for archiving your family photos. Suffice to say here: As the saying goes, the best camera is the one you have with you. Likewise, the best place to archive your precious photos is that one you will use. Maybe Google Photos is right for you—or even just a well-defined folder system that lives on your hard drive and is backed up. Whichever system you choose, make it the storing place for photos from all your devices, including your old-fashioned camera, if you have one! Be redundant in other words, have a backup. If you need help organizing and preserving your lifetime of photos, videos, and keepsakes, find a photo organizer near you at the Association of Personal Photo Organizers. Today she lovingly creates bespoke coffee table books that incorporate family photos and stories gleaned through personal interviews, using her magazine experience to help others preserve their memories beautifully.

Chapter 5 : 3 Reasons Finding your "Tribe" Matters | Think Tank of Three

The only way that you are going to find the time for the things that really matter is to say "no" to the things that don't. I use my purpose and life plan to make decisions about the projects and tasks that I say yes to.

We are all very busy. In fact, some of us even like to brag about just how busy we are. But are you busy doing the things that really matter to you? There was a time when my life when I was busy. I was focused on my career, spending a lot of time at work, and enjoying the fruits of my labor. This was okay for a while, but after months and months of working seventy hour weeks, it became a struggle for me to just make it through the day. I began to wish that things would slow down enough for me to be able to enjoy life. Maybe you have been there too. Maybe you are experiencing this right now. You wish that your life would slow down so that you can enjoy the things that really matter to you. In my case, I forced myself to keep going, and everything was fine for a while. Then one day I woke up with a sore throat. I felt a stabbing pain every time that I tried to swallow, and I decided to take the day off and visit the doctor. The doctor told me that I had an abscess in one of my tonsils, and he had me immediately admitted to the hospital. Later that day the abscess broke and the infection surrounded my heart. Have you ever been told that you might not make it through the day? It is not a good place to be in life, but it does make you think about what really matters. If you are like me, you will discover that it is not your job, or your money, or the things in your life. It is your health, and your relationships with the people who matter the most to you. I want you to spend your time on the things that matter most to you before it is too late. I want you to decide what is important to you, and create a plan to get there. Here are four tips that helped me, and they can also help you to begin to focus on what matter most: Think about what you want most out of life. What were you created for? What is your mission in life? What is your passion? You were put on this earth for a reason, and knowing that reason will help you determine your priorities. I spent a total of four months in the hospital healing from my sickness. During that time I spent a lot of time thinking about my purpose in life. I discovered that my purpose is to help you change your lives by learning to focus on what matters most to you. Create a plan to get from where you are today to where you want to be. Maybe you need a new job. Maybe you need to go back to school. Maybe you need to deal with some relationship issues. Whatever it is, create a plan that will get you to where you want to be. While I was in the hospital, I began to draft my life plan. My plan guides all of my actions, helps me focus on my relationships with my wife and daughter, and helps me keep working toward my life purpose. A life plan will help you focus your life too. Stop multitasking and focus on one thing at a time. It may be a project at work. It may be a conversation with your best friend. It may just be the book that you have wanted to read for months. The key is to focus on one thing at a time. I plan each day the night before by picking the three most important tasks from my to-do list. In the morning I focus on each one of these task individually until they are completed. Once I complete these three tasks I move on to checking email, returning phone calls, etc. I use my purpose and life plan to make decisions about the projects and tasks that I say yes to. If a project or task is not aligned with my purpose, a good fit with my life plan, and sometime that I have time to accomplish, I say no to the project. Saying no to good opportunities, gives you time to focus on the best opportunities. These steps will help you too decide what matters most to you. They will help you to begin living your life by design and not by default. Most importantly, they will help you to create a life focused on what really matters to you. Steve loves coffee, sailing, and being near the ocean. See a typo, an inaccuracy, or something offensive? Please contact us so we can fix it! Did you enjoy this post? Please share the wisdom: You may also enjoy: Get wisdom in your inbox Join the Tiny Buddha list for daily or weekly blog posts, exclusive content, and promotions.

Chapter 6 : Quiz | What Matters?!

Review: Finding what 'Matters' through books. Heroine Eva transforms her life through the power of reading.

Author Emily Esfahani Smith explains how one can live a more meaningful life. But a new book, *The Power of Meaning: Crafting a Life That Matters*, argues that finding meaning in life is ultimately more satisfying than searching for happiness. Author Emily Esfahani Smith says one can find meaning even in tough circumstances to give you a reason to live, whereas a pursuit of happiness focused on satisfying your every whim can still lead to emptiness. An edited transcript of the conversation follows. What got you thinking down this path? Most people want to do everything they can to be happy. I certainly thought that myself as I was growing up. But I was a grad student here at the University of Pennsylvania for positive psychology several years ago, and one day we heard a lecture about the difference between a happy life and a meaningful life. It was eye-opening and provocative because it showed me that the happy life was associated with things like feeling good, being in good physical health, and being a taker versus a giver, to use the language of Adam Grant, a professor here. That was the germ of idea that led to the book. In many cases, success comes out of leading that meaningful life. The research shows that if you set happiness as your goal and pursue it, value it the way our culture encourages us to do, you can actually end up feeling unhappy and lonely. But if you set meaning as your goal and devote yourself to living a meaningful life, you experience this deeper and more endearing form of well-being down the road. Many would say the millennial generation is leading the path towards having meaning be an important component of our society. I remember seeing a study that showed that of all the things that millennials want in a job – financial reward, prestige, status – the No. 1 would also say that sometimes millennials and non-millennials, all of us, can suffer from some myths about meaning. We were put on this earth to find meaning. You say meaning can take a variety of different forms. I interviewed all kinds of people about what makes their lives meaningful, and I looked at what the social science research said. No two people told me the same things. Everyone found meaning on their own. But I did find that there were certain themes that came up again and again. When people talk about what makes their lives meaningful, they talk about having relationships that are defined by a sense of belonging, having a purpose or something worthwhile to do with their time, crafting narratives that help them understand themselves in the world, and having experiences of transcendence or self-loss. We all have to find it on our own, but I think that there are those universal building blocks that we can all build up in our lives. One of the things you looked at in this book was the element of suicide, which I found very interesting. Suicide is incredibly impactful, but how does it play into this concept of a meaningful life? A lot of people think of suicide as a problem of unhappiness. Suicide is really a problem of meaning. The best way to get people out of despair and depression is for them to know that their life has a why or a reason. Is there a link between not having meaning and suicide? Human beings are meaning-seeking creatures. We were put on this earth to find meaning and to live meaningful lives and to know that our lives matter. If you go back 20, 30 years to that Wall Street culture we all remember, it would seem that was the height of seeking happiness through financial and professional gains and maybe not worrying as much about the meaning part of it. There was a very hedonic sense of pleasure and happiness that was driving the culture then. Speaking about millennials, there was a study related to this showing that the interest in finding meaning among millennials correlated with the recession. You talk about something called the Pillars of Meaning. I wrote this book because I wanted to understand what exactly the building blocks of a meaningful life are so that we could know what we have to do. I also turned to social science research. I also looked at what the humanities had to say because for thousands of years philosophers, religious sages, poets, artists have been dealing with this eternal question of meaning. As I parsed through all that research, I found that these four themes came up again and again. These are what I call the Four Pillars of Meaning. These are what the building blocks of a meaningful life are – having a sense of belonging, purpose, storytelling and transcendence. Human beings have a need to belong. This means that we need to be in relationships or part of communities where we feel valued for who we are intrinsically, not just because we adopt a certain label. Resilience is the ability to bounce back from adversity.

Psychologists talk about it as being bent but not broken by tragic experiences or adversities. I found that the people who were the most resilient had those four pillars of meaning that were strong in their lives so that when adversity hits, they were able to withstand it. Like if it was an earthquake, their infrastructure was strong enough to withstand it. The way that they do it is by building up these different pillars of meaning in their lives. They strengthen their relationships. They find a new purpose. Their spiritual life deepens, for example. Purpose and meaning seem very similar in many cases. I think a lot of us use the terms purpose and meaning interchangeably. But purpose is really one of the building blocks of a meaningful life. Meaning is an assessment that we make about our lives. Do our lives have value and significance? Purpose is a far-reaching goal that involves contributing to the world. The spirituality part of it I find interesting because it feels like that has regressed a bit. When you look at the indexes of religious involvement “ such as people going to church, people praying, religious identification “ those are all down. We have this part of us that needs spirituality defined in the sense of things that are bigger than us. We want to know what life is about, what our lives are about. We still have a lot of people in this country who are looking to survive by working two jobs. How does that play into finding a meaningful life? I think one of the big distinctions between a meaningful life and a happy life is that a meaningful life can be a hard life. The key in meaning is about connecting and contributing to something beyond yourself. What has meaning meant to you? In my book, I write about my childhood growing up in a Sufi meetinghouse in Montreal. Rumi the poet was a Sufi. The whirling dervishes were Sufis. Living in this Sufi meetinghouse meant that twice a week Sufis came over to our home and they meditated sitting on the floor for several hours. They practiced love and kindness. They practice service to all through charity and volunteering. I was surrounded by people who were leading really meaningful lives, even though their lives were also difficult lives. Some of them were refugees. Some of them had just been beaten up by life in other ways. I was surrounded by people who had really clear answers to what it meant to lead a meaningful life. I think that seeded the idea of meaning as a really important part of life from an early age for me. Does that impact how meaning can be brought forward, especially reaching out to other people and other cultures? This is really about belonging, and cultivating belonging with other people. We can choose to reach out to someone and build up this pillar of meaning, or we can choose to reject them by unfriending them on Facebook, by being racist or inappropriate or things like that. Or we can choose to value them and lift them up. How does this relate back to the traditional business structure in the U. A lot of companies are rebranding themselves around meaning and purpose. They really want to spread the power of optimism. They do that by having these positive shirts and hats. I want to touch on storytelling because I find it interesting. We are a culture of stories. Storytelling is about your own life story and how you tell that story to yourself. It allows you to understand your life in terms of patterns, and it makes you feel like your life is coherent and integrated. But do enough people think of it that way?

Chapter 7 : Path To Less " Find What Matters

ABOUT LUTZ TALENT + FIND WHAT MATTERS. There's a lot of great talent out there, but it's meaningless unless you get the right people, in the right chairs, at the right times. At Lutz, we can help you find what matters.

Act Stop and Ask In theory, this one should be pretty easy. Simply Stop and Ask yourself "What Matters?!" Try Stopping and Asking once a day. Too busy you say? How about once a week? How about once a month? By stopping and asking What Matters?! Nurturing all three of these components of self is critical to living What Matters?! Take mind for example. Though it believes it is working in your best interests, left unchecked it can unintentionally hijack you into a sea of worry doubt, self judgment and a host of other negative thinking. The key is to find the personalized tools and practices that work to keep your mind as an ally, rather than allowing it to spiral into an enemy. Ignoring this aspect of yourself can flatline you emotionally. Sing, dance, walk in nature, play with the dog, listen to music—find whatever it takes to bring you renewal and do it. How much sleep are you getting? What kind of foods are you eating? Are you getting the proper amount of exercise? Just take Reach In and take care of yourself! All you need to do is ask. And, for many, asking for help is considered a sign of weakness. Why is it ok for a quarterback to have a bench full of help and for some reason we have been conditioned into thinking we have to figure it all out and go it alone? The Reach Out practice is all about identifying and engaging people in your life who will help you to live "What Matters?!" And there are so many other options as well—Find a mentor. Be an octopus not a turtle! What will you say "yes" to? What will you say "no" to? Abraham Lincoln reportedly once said, "If I had 60 minutes to cut down a tree, I would spend 40 minutes sharpening the ax and 20 minutes cutting it down. Holding back while you wait for the perfect moment, the perfect words, or the perfect outfit will not work. Sure, you may fail. Your actions do not have to be big. The important thing is that you intentionally choose to do something and then do it. Use what you learn from the experience to inform what you do next. No one else can do it for you. You may not be living your life, at least right now, in accordance with what matters most to you. A good move might be to check out the Ask What Matters?! You want to live your life according to what matters most to you, but may be having trouble making it real day-to-day. How can you reliably identify those things that bring you joy and those that add to your suffering? Different people find different tools most helpful, so we suggest you take a look at two: You are living a What Matters?! Here are some possibilities to consider: Is your life full and rewarding? If so, you can choose to share your wisdom with others by introducing the concepts of What Matters?! Try using the What Matters?! Conversation Guide with your family, a group of friends, or at work. Are you living so much in your comfort zone that you have started to coast through your days? If so, you might be forgetting to stop and ask "What matters now? Try using the FlowZone tool to gauge where you are and what comes next. Are you a What Matters?! If so, you might be pushing yourself too hard to make every minute matter. Try the FlowZone tool and find out. About Us Ask What Matters?! At its heart is a set of five practices and mindset that help people engage in regular self-reflection, have open and courageous conversations, explore previously invisible options, and dare to make powerful, life-affirming choices.

Chapter 8 : Knowing What Matters to You Instead of Living by Default

In a multitude of negativity, a speck of positivity always seems to find its way through. Sometimes, a knowledge of the fact that you have enemies will also help you to focus on the many positives and good things that are in your life. A lot of times, we neglect what really matters in life.

Chapter 9 : Finding What Matters

iv Finding Out What Matters for Youth: Testing Key Links in a Community Action Framework for Youth Development Acknowledgements This is the first in a series of reports. Their purpose is to deepen our understanding of what m.