

# JoyFIX: WHAT MATTERS?

1. What matters to you?

2. What matters in your relationships?

3. What matters in your work?

You can use this exercise for your entire life, a particular project or for a particular day or moment and revisit it as often as feels right for you.

*We believe every person has the desire to thrive  
—to live a life of health, purpose and joy.*

*We are guides to help you discover, learn and live  
**wholebeing practices** to make that possible.*

