

Entry #1 Why You Matter

I want you to think of two people in your life that matter to you.

- A parent
- A relative
- A sibling
- A friend
- A coach

For eight minutes, I want you to write as long as you can about why these people matter. What do they bring to your life? Why are they special?

Now what I want you to do is write why you matter.

This might be hard, because we tend to be critical of ourselves.

This can be anything from a sentence to a paragraph.