**What Matters?! Conversation Guide™**

**PURPOSE**
So you think this What Matters?! stuff is pretty cool? You want to get others involved in asking and living What Matters?! This worksheet should do the trick. Whether you are talking with your family, your work team, your spouse, or a friend, these guidelines will help enable you to have an open conversation that builds everyone's ability to make choices about living What Matters?! to them.

**INSTRUCTIONS**
1. Review the What Matters?! mindset (www.askwhatmatters.com/approach) and conversation practices, below.
2. Agree to adopt the practices and mindset for the conversation.
3. Select one of the What Matters?! tools (www.askwhatmatters.com/resources/tools) or another tool of your choosing, as a structure to guide the conversation. You can either complete the tool prior to discussion or do it real time in the conversation.
4. Choose one person to share their responses to the selected tool. Discuss their responses while staying in the What Matters?! mindset and using the agreed upon conversation practices. You may want to use some of the conversation starters listed below to get the ball rolling.
5. When you are ready, repeat Step 4 with another individual.

**Practices and Mindset to Guide the What Matters?! Conversation**

**GRATITUDE**
- Start the conversation by saying something you are grateful for—small or large. It could be anything from “I liked the soup I had for lunch today,” to “I'm grateful to be alive.”
- Express thanks to one another for participating in the conversation (In honor of Paul and David's dog, Brando, we call this practice “give each other your paw.”)

**KINDNESS/COMPASSION**
- Have compassion for one another, even when your ideas or ways of expressing yourselves are very different.
- Soften your heart—replace your tendency to judge and form opinions with openness to whatever you and others will bring to this conversation.

**CURIOSITY**
- Ask questions, of yourself and others, intended to look for what's under the surface or beyond the obvious.
- Help someone discover something about themselves that they don't even know yet.

**SELF HONESTY**
- Replace your ideas about “should” and “shouldn't” and “have to” and “can't” with what is really true for you.
- Encourage others to do the same.

**HUMOR**
- Lighten up. Life gets better when you don't take everything—including What Matters?! so damn seriously! Relax. Have a laugh—even at your own expense.
- Remember that the more important something is to you, the more useful it is to have a sense of humor about it.
**What Matters?! Conversation Starters**

Feel free to use any of the questions below to guide your *What Matters?!* discussion.

- What was it like for you to do the exercise?
- What did you learn about yourself?
- What surprised you?
- What made you uncomfortable?
- What excited you?
- What are you tolerating in your life that is no longer acceptable?
- What’s your next step?
- What do you need to be doing more of?
- What do you need to be doing less of?
- What do you need to keep on doing?
- How committed are you to taking action?
- How will you hold yourself accountable to taking action?
- What support do you need, and who/where will you get it from?