
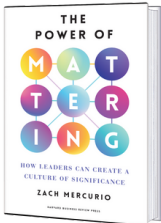


Month of Mattering

MARCH 2025

Mattering is feeling significant to those around you that comes from feeling valued and adding value. We experience mattering when we're noticed, affirmed, and needed by others in interactions. This month, commit to one action each day to show someone how they matter and experience the **power of mattering** for yourself.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>People feel that they matter when they are:</p>  <p>NOTICED AFFIRMED NEEDED</p>						<p>1</p> <p>Think of someone who makes you feel that you matter. Tell them.</p>
<p>2</p> <p>Call or message someone you know you need to check in on.</p>	<p>3</p> <p>Tell a frontline worker that you're grateful for them and their work.</p>	<p>4</p> <p>Compliment something specific someone does that often goes unnoticed.</p>	<p>5</p> <p>Perform one small act of compassion. What can you make easier for someone?</p>	<p>6</p> <p>Tell someone struggling that you're thinking about them and ask how they are.</p>	<p>7</p> <p>Learn a stranger's name. Bonus: Learn what's most meaningful in their lives.</p>	<p>8</p> <p>Reflect on a conversation from this week. Send a follow-up message to show you were listening.</p>
<p>9</p> <p>Journal: Who do you need to see more? How can you better notice them?</p>	<p>10</p> <p>Share with someone a book, podcast, photo, artwork, or song that made you think of them.</p>	<p>11</p> <p>Notice someone's effort or work today. Tell them you're proud of them.</p>	<p>12</p> <p>Check in with someone who's been quieter than usual.</p>	<p>13</p> <p>Ask someone for advice on something and tell them why you value their perspective.</p>	<p>14</p> <p>Name someone's strengths today: <i>"I've noticed you're really good at..."</i></p>	<p>15</p> <p>Write a note to a leader or mentor and tell them how they've impacted you.</p>
<p>16</p> <p>Journal: Who do you need to express more gratitude to?</p>	<p>17</p> <p>Tell a peer what you admire about them.</p>	<p>18</p> <p>Ask someone: "What's something you're passionate about that I may not know?"</p>	<p>19</p> <p>Thank someone and tell them how what they did made a difference in your day.</p>	<p>20</p> <p>Tell someone you haven't seen in a while that you miss them.</p>	<p>21</p> <p>Leave someone a sticky note with words of encouragement or affirmation.</p>	<p>22</p> <p>Tell someone you rely on them by saying "if it wasn't for you..."</p>
<p>23</p> <p>Journal: Who did you help this week? Who helped you?</p>	<p>24</p> <p>Ask someone for help and tell them why you're asking them.</p>	<p>25</p> <p>Think of someone who made your day better and tell them.</p>	<p>26</p> <p>Take a task or chore off someone's plate without being asked.</p>	<p>27</p> <p>Write down 3 strengths you're proud of.</p>	<p>28</p> <p>Write down: "Who was the last person I helped, supported, or made feel better?"</p>	<p>29</p> <p>Write down three people who relied on you this month.</p>
<p>30</p> <p>Journal: Complete this: "If it wasn't for me..." and remind yourself how you're needed.</p>	<p>31</p> <p>Write down three ways you made a difference for someone today.</p>	 <p>Discover "The Power of Mattering" →</p> <p>powerofmattering.com</p> 