

THE MATTERS EXPERIMENT *Tracker*



Live Like You Matter (Just for a Week!)

Your space to notice, reflect, and celebrate what shifts
when you choose to live like you matter.

CREATED BY LISA BARKER



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Live Like You Matter (Just for a Week!)

Living like you matter isn't about becoming someone new.

It's about uncovering and connecting with something that has
been true from the moment you were born —

*You are enough
You are valuable
You truly matter*



Your Personal Hypothesis

(Fill in before you begin)

"I believe that if I live like I matter this week, I will experience..."

(eg, more calm, more clarity, more self-respect, more hope..)



My Personal Hypothesis

.....

.....

.....



THE MATTERS EXPERIMENT

Tracker

Each day, notice,

Prompt

What was today's
experiment?

What did I notice?

Where did I feel most
aligned?

Where was it hard?

One thing I'm quietly
proud of today

Your Reflection

(Briefly describe the focus of the day)

(Emotions, resistance, surprises, ease...)

(Where did I act like I mattered?)

(No judgment — just notice!)

(Celebrate your small wins)





FINAL REFLECTION

How did living like you matter feel?

What shifted — inside or outside?

What experiment or moment felt most powerful?

What new story or action do you want to carry forward?