

**THE
MATTERING
MINDSET™
EXPERIENCE**

A JOURNEY OF CONNECTING, LEARNING, AND GROWING

At Every Monday Matters (EMM), our mission is to create a world where everyone embraces how much and why they matter to themselves, each other, their community, and the world. Why? Because the struggle is real:

- 1 in 5 high school students have seriously considered attempting suicide
- 47% of workers are "not engaged," psychologically unattached to their work and company
- 66% of older adults are not receiving care for depression and other behavioral health issues
- 1 in 2 Americans feel left out, alone, and like no one knows them well

We can do better. Together, we can help people find and reconnect to meaning and purpose. We can build organizations and communities where trust, respect, and belonging create cultures where people feel seen, heard, and loved.

Mattering is the solution for all of it.

For 15 years, we have brought mattering to over 3 million people through our education, corporate, and senior living programs. We call it The Mattering Mindset™ Experience—a continuous journey of connecting, learning, and growing.

CONNECTING

The journey begins by connecting with the three Mattering Mindset™ Perspectives that transform how we see and experience ourselves, one another, and the world.



I Matter

I am here for a reason and choose to embrace who I am and who I want to become.



You Matter™

I understand how I impact others and choose to accept, empower, and value them.



We Matter

I am part of something bigger and choose to contribute to the greater good.

LEARNING

As we experience more life through the Mattering Mindset™ Perspectives, we begin to understand the foundational attributes of each perspective. These Mattering Mindset™ Attributes give us clarity and vision and create an aspirational roadmap or prescription for our self- and social-transformation journey.



I Matter

- Awareness
- Agency
- Uniqueness
- Resilience
- Purpose



You Matter™

- Connection
- Authenticity
- Trust
- Empathy
- Gratitude



We Matter

- Community
- Selflessness
- Humility
- Care
- Hope





GROWING

When the mindset shifts, the journey of empowerment begins. We grow personally and professionally, consciously and unconsciously, working toward creating experiences that matter—making mattering a new way of life.

Finally, we fully embrace the concept that we matter, but it's not about us, and the fullness of mattering allows us to inspire the journey for other people, families, organizations, and communities.

Chinese philosopher Lao Tze once said ...

“Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny.”



YOU MATTER™

Let us help you make the Mattering Mindset™
Experience your destiny.

Email us at hello@everymondymatters.org, or to
learn more, visit everymondymatters.org.

