

PEPPER TIME 9: DISCOVER WHAT MATTERS TO YOU

Timing: 10 minutes today + 5 minutes each evening for 4 days.

What you'll need: Your journal, a pen, and magazines or saved images.

What it's about: Your calendar tells the truth. Most people say family, health, or purpose matter—but their days tell a different story. This is about closing the gap and surfacing what lights you up. Make it visible so you can lead with meaning instead of autopilot.

How to do it:

- 1. Name it. In your journal, jot down what you want to achieve or experience. Don't overthink—buzzwords, fragments, anything that lights you up.
- 2. Picture it. Flip through magazines, Pinterest boards, or saved images. Pull out pictures that match your dream life—the ones that give you a spark in your chest. Keep them. You'll use them later in this book.
- 3. Repeat daily. Each evening for four days, add one or two images or words that still feel true. This repetition builds awareness like a muscle.
- 4. Reality check. If you want to go deeper: Look back at your calendar for the past 3 months. Compare it to your list. How much of your time served what you say matters? How much went to things that don't even make the list?

What to expect: A raw mirror of your life. The split between what you say matters and what you live becomes impossible to ignore. That clarity stings—but it's also fuel. Every word, every image sharpens your compass until your days start matching your truth.