

Value Based Goal Setting

Values

Values are like directions on a compass, they are never 'achieved' but they can influence the quality and clarify the purpose of your life journey. Values are not something that you can store in a box and put away, we live with them from moment to moment; they are active and ongoing. Recognizing your values helps them come alive; they can begin to direct the journey you take. When deciding what your values are, try to be honest with yourself. This is about what is important to you not what someone else says or thinks is important. When thinking about values you may wish to consider:

- Family (other than marriage or parenting)
- Marriage/couples/intimate relations
- Parenting
- Friends/social life
- Work
- Education/training
- Recreation/fun
- Spirituality
- Citizenship/Community Life
- Physical self-care (diet, exercise, sleep)
- Environmental Issues
- Art, creative expression, and aesthetics

Remember...This is a process and can sometimes bring up uncomfortable feelings. It is important to be true to yourself. There are no shortcuts to living a meaningful life. However, the process of becoming aware of your values and committed to following them allows life to become more vital and meaningful than just struggling to keep your illness at bay.

Goals

Goals can be thought of as steppingstones that move you towards your values.

How Does Values Based Goal Setting Work?

Here is an example of a value and a goal:

My value: I want to be a good friend

My goal: Call my friend once a week

Try to make your goals **SMART:**

Specific

Measurable

Achievable

Realistic

Time related

In this exercise you will pick three values to focus on. Create three action-oriented goals based on each value that you identified:

Value: _____

Goal #1: _____

Goal #2: _____

Goal #3: _____

Value: _____

Goal #1: _____

Goal #2: _____

Goal #3: _____

Value: _____

Goal #1: _____

Goal #2: _____

Goal #3: _____