



Values Clarification & Goal-Setting

Values are the beliefs that are most important in your life and guide your decisions. Identifying your values can help you set meaningful goals that align with what matters most to you.

Values Clarification

Select and rank your top 10 values from the list below (1 = most important):

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Love | <input type="checkbox"/> Honesty |
| <input type="checkbox"/> Wealth | <input type="checkbox"/> Humour |
| <input type="checkbox"/> Family | <input type="checkbox"/> Loyalty |
| <input type="checkbox"/> Morals | <input type="checkbox"/> Reason |
| <input type="checkbox"/> Success | <input type="checkbox"/> Independence |
| <input type="checkbox"/> Knowledge | <input type="checkbox"/> Achievement |
| <input type="checkbox"/> Power | <input type="checkbox"/> Beauty |
| <input type="checkbox"/> Friends | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Free time | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Peace |
| <input type="checkbox"/> Variety | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Calmness | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Fairness |
| <input type="checkbox"/> Fun | <input type="checkbox"/> Creativity |
| <input type="checkbox"/> Recognition | <input type="checkbox"/> Relaxation |
| <input type="checkbox"/> Nature | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Popularity | Other: |
| <input type="checkbox"/> Responsibility | _____ |
| | _____ |

Goal-Setting

Now, use your values to guide your goals:

Something I want to accomplish in the next week:



In the next month:

In the next year:

In five years:

Obstacles and Strategies

Possible obstacles to reaching my goals:

Steps I can take to achieve my goals:

One thing I can start doing tomorrow to work toward my goals:
