



Value-Based Goal Planning

IDENTIFYING YOUR VALUES:

Circle the values that stick out to you. What gets your heart pumping?

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|-----------------|-------------------|----------------------|--------------|
| Achievement | Cooperation | Helpfulness | Pleasure |
| Advancement | Creativity | Inner Harmony | Power |
| Adventure | Economic Security | Integrity | Recognition |
| Affection | Fame | Involvement | Self-Respect |
| Community | Family Happiness | Loyalty | Spirituality |
| Competitiveness | Freedom | Order | Wealth |
| Conservation | Health | Personal Development | Wisdom |

SETTING YOUR INTENTIONS:

Write down four primary areas you'd like to focus on this year.

Four empty rectangular boxes for writing intentions.

PLANNING YOUR GOALS:

Set goals that are (S)pecific (M)easurable (A)ttainable (R)elevant & (T)ime-Bound.








