

### ***Week three: Goal setting***

Once you have identified some of the things that are important to you (values), choose one to focus on and set three goals you want to reach which are in line with your value.

What is it?

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Consider the goal as a specific activity which will help you achieve your value. Your goal can help you choose actions and behaviours which will help you move towards your values and also let you know you are on the right path.

For example

*Vivienne\** valued her interest and enjoyment in photography both as a career (she is a photography lecturer) and as a leisure pursuit (she finds it relaxing and enjoyable and it gives her a sense of achievement when she captures a beautiful scene). However over the past year she has found that she has not been able to give as much time and energy to pursuing her chosen life value (a practicing photographer) as much as she had hoped. She decides to set some goals to help her develop her achieve her value and to foster her interest and love of photography again

- Get them now goals : once a week / month dedicate an hour/day to visiting a new coastal area of Gower with her camera
- Future goals: continue to develop her skills and expertise in photography by learning or practicing a new/existing technique to improve her work and to share her learning with her students
- Wild card goals: submit a photograph to national geographic or a national photography competition

### **What meaningful activities do you want to pursue in your life?**

Turn your values into actions for your everyday life.

- Get them now goals \_\_\_\_\_  
\_\_\_\_\_
- Future goals \_\_\_\_\_  
\_\_\_\_\_
- Wild card goals \_\_\_\_\_  
\_\_\_\_\_

OR

Try setting a **SMART goal**

**Specific:** what specific action will you take and when?

Example

*"I will play with my children on Saturday in the park"*  
*"I will go for a ten minute walk every lunch time."*

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**Meaningful:** The goal should be personally meaningful to you.

**Adaptive:** Does the goal help you to move your life forwards towards a direction that you want to go in?

**Realistic:** can you achieve the goal. Take into account your health, demands on your time, finances, and skills

**Time-bound:** set a day, date and time to do the goal

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Remember that these goals are here to help you along your road to reaching your values (chosen life directions)