



## Goal setting



This time choose a different value to focus on for the week and set three goals you want to reach which are in line with it.

Consider the goal as a specific activity. 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

*Kayley\** valued her interest and enjoyment in reading, she finds it relaxing and enjoyable. 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 (exploring literature and expanding her knowledge) as she had hoped. She decides to set some goals to help her along her way to living in accordance with her values

- *Get them now goals:*  
Once a week / month dedicate an hour/day to visiting the library to find a new book
- *Future goals:*  
Join a book club to read and discuss her favourite books with others
- *Wild card goals:*  
Write her own book

### Ask yourself

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

Turn your values into actions for your everyday life. Remember that these goals are here to help you along your road to reaching your values (chosen life directions)

Get them now goals	Future goals	Wild card goals



Or Try setting a **SMART** goal



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

**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

For example

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