



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 this value.

Consider the goal as a specific activity/behaviour. 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

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
<i>Eg Health/fitness value area I will go for a run on my lunch break</i>	<i>I will take part in the weekly park run. Even if it rains</i>	<i>I will sign up to a charity race (e.g 10k, half marathon, muddy run...)</i>
<i>Eg Family relationships I will not shout at my daughter but I will listen with patience</i>	<i>I will set aside time each week to make sure I talk to my daughter and quality spend time with her alone</i>	<i>We will both do a new activity together (rainbow run, go to a concert together, walk the worm)</i>



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."