SUPPLEMENT 2

TRANSLATED EXCERPT FROM WORKBOOK: VALUE BASED GOAL-SETTING FORM, INCLUDING AN EXAMPLE.

MY GOAL		
Check 1: How desirable The chances of successfully complete The chances of successful contains t		e goal is not important to you.
not at all desirable	minimum	very desirable
Check 2: How confident and the state of the		cesfully achieve this goal? to attain this goal. very confident
f you are confident in your own c	capabilities, you are more likely minimum	to attain this goal. very confident
f you are confident in your own constitution of the confident at all the confident at all the constitution of the constitution	capabilities, you are more likely minimum	to attain this goal. very confident
f you are confident in your own confident at all Check 3: How much time one day	minimum ne will it take to achiever	very confident e this goal 6 months an 6 months, we recommend
f you are confident in your own confident at all Check 3: How much time one day If you estimate that goal ach	minimum ne will it take to achiever	very confident e this goal 6 months an 6 months, we recommend
f you are confident in your own confident at all Check 3: How much time one day If you estimate that goal ach	minimum ne will it take to achieve ievement will take more the pole subgoals. You can desc	very confident e this goal 6 months an 6 months, we recommend

THE FIRST STEE		
What will I do?		
Where will I do this		
WILLIAM WILLIAM		
WHEN WILL I DO T		
O Today O 1	ay after	
	ay after	
O Today O 1	ay after	
O Today O 1	ay after _ACTION	
• Today • 1		

What will I do?	
Where will I do this?	
mare min a de una.	
WHEN WILL I DO THIS?	
today tomorrow	day after tomorrow
ELSE:	
· ·	
OBSTACLE	ACTION

Where will I do this?	
Where will I do this:	
WANNEER GA IK DIT DOEN?	
today tomorrow d	ay after tomorrow
• ELSE:	
OBSTACLE	ACTION
GOAL ATTAINED?	
GOAL ATTAINED? YES, see page xx.	No, I need more steps.

ACTIVITY	
NAV COAL	
MY GOAL	
IN FOUR WEEKS, I WANT TO JOIN A 5K W	ALK DURING A
LOCAL WALKING EVENT.	
Check 1: How important is this goal for you?	and in not important to you
he chances of successfully completing a goal are lower, when the	
	godi is not important to you.
	Very important
	V
Not important at all minimum Check 2: How confident are you that you successfully at	Very important
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Not important at all minimum Check 2: How confident are you that you successfully at f you are confident in your own capabilities, you are more likely to	Very important Itain this goal? To attain this goal. Very confident 6 months

WE WILL CELEBRATE THIS WITH A NIGHT OUT THE FIRST STEP what will I do? I CHALLENGE MYSELF TO GO FOR A 5K WALK where will I do this? IN THE FOREST NEARBY WHEN WILL I DO THIS? X Today Tomorrow ELSE: OBSTACLE A HEAVY DOWNPOUR ACTION I IMMEDIATELY PLAN A NEW MOMENT LATER DURING THE WEEK.

REWARD