

# **HOW TO SET MEANINGFUL GOALS**





# MEANINGFUL GOALS

Below are ten thought provoking questions to help you get a deeper understanding of yourself and your values. Your answers and decisions will give you the insight and inspiration to live how you really want to live. Take your time to answer each question honestly. They will provide the framework needed to clearly define your values.

1. Who or what is most important to you?

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2. Why is this important to you?

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3. Who or what are you inspired by?

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4. When do you feel your happiest and most alive?

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5. What do you like about yourself?

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# MEANINGFUL GOALS

6. What mistakes have you learned from?

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7. What are you afraid of?

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8. How would you like to be remembered by your friends and family?

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9. What do you want for your future?

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10. Which areas of your life do you wish to develop?

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# MEANINGFUL GOALS

Now that you have a better understanding of what's important to you, it's time to identify and define your values. Start by following the five steps below.

## Identify

Using the selection box below, identify your top ten values

## Prioritise

Prioritise each value from one to ten

## Define

Next to your top five, write a brief description of what each value means to you

## Commit

Select your top three values and write them down somewhere where you can always look at them. Such as on your phone or in a notebook

## Reflect

Think about what you need to do for your life to reflect these values

\* Tip: Set a daily reminder on your phone every morning to show you your top three values. My phone reminds me of mine every day at 7am.



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## 1. Identify your top ten values

Affection Warm, loving	Achievement Success, accomplishment	Adventure Challenge, journey	Self-Respect Pride
Compassion Kindness	Wealth Making Money	Fame Public recognition	Advancement To move forward
Culture Traditions	Amusement To be entertained, fun, laughter	Personal Development Personal potential, learning	Power Authority, influence
Trustworthiness Loyalty	Community Involvement with others, sense of belonging	Creativity Imagination, innovative	Spirituality Religious and/or spiritual beliefs
Family Time Bonding, quality time	Generosity Helping others	Wisdom Knowledge, understanding	Health Mind, body, soul
Independence Freedom	Balance Steadiness of contrasting ideas	Self-care Wellbeing, wellness	Friendship Relationship with others
Popularity Admiration from others, respect	Inner Harmony Being at peace with oneself	Optimism Positive thinking, hopefulness	Integrity Honesty
Financial Security Steady, reliable and consistent income	Responsibility Being accountable	Buoyancy To remain calm and strong in difficulty	Purposefulness Having a definite goal
Simplicity Straightforward, not complex	Gratitude Being thankful	Reliability To be trusted	Vitality Energy, strength, liveliness



# MEANINGFUL GOALS

2. Prioritise each value from one to ten

3. Define: Next to your top five, write a brief description of what each value means to you

#	My Values	Definition
1		
2		
3		
4		
5		
6		
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9		
10		



# MEANINGFUL GOALS

- 4. Commit: Select your top three values and write them down somewhere where you can always look at them. Such as on your phone or in a notebook
- 5. Reflect: Think about what you need to do for your life to reflect these values

What am I aiming to achieve? What is my goal?	
Does this goal align with my values? Why is this goal important to me?	Who and / or what can help me reach this goal? (friends, family, courses, resources)
What can I start doing today to reach this goal? Is there anything I could add or remove from my life to achieve this goal?	
Are there any sacrifices which I need to make to achieve this goal?	Why do I want to achieve this goal? What are the benefits?