



HOW TO SET MEANINGFUL GOALS



THOSE POSITIVE THOUGHTS

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?

2. Why is this important to you?

3. Who or what are you inspired by?

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

5. What do you like about yourself?

6. What mistakes have you learned from?

7. What are you afraid of?

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

9. What do you want for your future?

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

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.

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 |

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 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |

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? |
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