

Life Deviation Scores and Setting Goals

This worksheet follows on from the *Ranking Your Values and Finding Your Life Deviation Score* worksheet. The areas of your life that are most in need of attention will have higher life deviation (LD) scores.

Use this worksheet to focus on your top three highest-scoring valued life domains. For each, choose a core value. For example, in the area of romantic relationships and partnerships, you may value *sharing*. However, you may find that you and your partner have not been sharing much time lately, perhaps due to work or other family commitments.

In this case, the value would be 'sharing' and to move in that valued direction, you can set long- and short-term goals that can be described as actions. The same follows with the two domains with the highest LD scores. Answer these questions to define your goals:

Highest-scoring value 1:

This value will be manifested in the following long-term goal:

Which, in turn, will be manifested in these three short-term goals:

1.	
2.	
3.	

Highest-scoring value 2:

This value will be manifested in the following long-term goal:

Which, in turn, will be manifested in these three short-term goals:

1.	
2.	
3.	

Highest-scoring value 3:

This value will be manifested in the following long-term goal:

Which, in turn, will be manifested in these three short-term goals:

1.	
2.	
3.	

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