

Values and Goals

Goal setting is a helpful way of living a life in line with values and overcoming problems.

The following questions will help you work towards a goal in line with your values and identify obstacles that might get in your way.

What important value does this goal work towards?

(For example, I want to be financially stable.)

The goal I want to achieve is:

(For example, I want to get a new job.)

Next, list a set of steps that will get you to that goal, along with barriers and strategies to overcome them:

Steps toward my goal	Barriers/obstacles	Strategies	Date achieved
<i>For example, update my resume</i>	<i>I don't know where to start</i>	<i>Get advice from my friend who is a recruiter</i>	9/14