

Value-Based Goals

Identify an area in your life that you want to work on the most in the life domain category. Maybe physical health, career, or personal relationships. Whatever is a priority for you.

LIFE DOMAIN:

VALUE (S):

Identify a list of values that you feel are important for you to live your life with in mind. These can be things that range from relationships to wealth, philanthropy to authenticity. If you do not know where to start, try here.

Immediate Goal:

Short Term Goal:

From these values, write down a graduated series of goals, starting from tiny, simple goals that can be achieved right away, to long term goals that might not be achieved for months or years. These goals are going to be based on your values, which you've outlined, for each domain you choose to complete goals for.

Medium Term Goal:

For example, if you chose relationships as one of your life domains of focus, the values might be kindness, patience, and boundaries. This is how you want to show up in this area of your life. You want to show kindness, and patience, and still have boundaries.

Long-Term Goal:

Complete this sheet for each life domain you would like to create goals in.

