Values and Goals

Values are the directions you want your life to move in. Goals are the steps along the way.

Name: _____ Week of: _____

Life area	What matters to me here (the kind of person I want to be)	Importance 0-10	Living it now 0-10	One small step this week
Faith and spirituality				
Family				
Marriage or close relationship				
Health and body				
Work or study				
Friends and community				
Learning and growth				
Rest and enjoyment				

Tip: start with the area where the gap between "importance" and "living it now" is biggest. Make the step small enough that you are sure you can do it. Notice how it feels afterwards.

Based on values work in Acceptance and Commitment Therapy (Hayes et al., 2006). Layout and wording: sherjeelawan.com. Free worksheet from sherjeelawan.com by Dr. Malik Sherjeel Awan (PsyD). For personal use; not a diagnosis or a substitute for professional care. In an emergency call your local emergency number.