

Setting Valued Goals

Worksheet

In this worksheet, you'll reflect on your personal values and consider why they matter to you.

Your personal values are what you deem truly important in life; at their most basic, they reflect our passions and ambitions.

By becoming aware of our own values, we can set goals based on them. This helps us take steps toward living them - driving our lives in a purposeful, satisfying, and meaningful way.

Instructions

This worksheet has three steps.

First, you are invited to reflect internally on your core personal values. Use the open-ended questions to help you.

Next, you can use the list of values provided to choose those you identify with most.

Third, in the box provided, consider an example of how you see those values in action in daily life.

Finally, by reflecting on what you've written, you can construct a goal that's based on each of your top 3 values in the space below.

Step 1: Values Reflection

Use the following prompts to help you reflect on your personal values.

1. *What do you consider most important in life?*

- How would you like others to describe you, in terms of what you hold important?
- What do you want your life to stand for?

2. *What do you feel gives your life meaning and purpose?*

- What makes you feel energized?
- What do you believe is worth aspiring for?

3. *What makes you happiest, most satisfied, and most fulfilled?*

- What do you want to do?
- How do you want to do it?

Step 2: Your 3 Core Values

In the table below, some different domains of life are provided.

Choose the three that you consider most important, highlighting them or noting down anything that comes to mind in the spaces provided.

Marriage/couples/intimate relations (e.g. <i>Loyalty</i>)
Parenting (e.g. <i>Tenderness</i>)
Family (other than marriage or parenting) (e.g. <i>Connectedness</i>)
Friends/social life (e.g. <i>Integrity</i>)
Work (e.g. <i>Meaningful Work</i>)
Education/training (e.g. <i>Knowledge</i>)
Recreation/fun (e.g. <i>Play</i>)
Spirituality (e.g. <i>Purity</i>)
Citizenship/community (e.g. <i>Environmental Awareness</i>)
Physical self-care (diet, exercise, sleep) (e.g. <i>Inner Peace</i>)

Step 3: Values in Daily Life

Here, you can write about how you believe those values play out in action. Give an example of each below.

Value #1:

Example:

Value #2:

Example:

Value #3:

Example:

Step 4: Your Valued Goals

Lastly, take a moment to reflect on the answers you've noted down.

In the boxes below, come up with and write down a personal goal based on each of your top 3 values from Steps 2 and 3.

Value #1:

My Goal:

Value #2:

My Goal:

Value #3:

My Goal:

References:

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- Lundgren, T., Luoma, J. B., Dahl, J., Strosahl, K., & Melin, L. (2012). The Bull's-Eye Values Survey: a psychometric evaluation. *Cognitive and Behavioral Practice, 19*(4), 518-526.
- Wilson, K. G., & Murrell, A. R. (2004). Values work in acceptance and commitment therapy: Setting a course for behavioral treatment. In S. C. Hayes, V. M. Follette, & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 120–151). New York, NY: Guilford Press.
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