



Values, Visions, and Goals Assessment

Step 1: Your Top Five Values

Here you will make a list of the 5 things you value most in life. You will write a sentence or two to describe and explain why each value is so important for you.

Note: Should you find that “health” does not pop up on your list of top 5 values, remember that it is necessary to be true to who you are. However, we encourage you to imagine that you are suffering from a disease or disability and living in pain or distress. Ask yourself how this situation might affect your ability to express those Top 5 Values. Are your current Top 5 still a higher priority than your health? If not, re-evaluate the order in light of this new awareness.

Describe your **number 1 value** and include what's important about this value.

Describe your **number 2 value** and include what's important about this value.

Describe your **number 3 value** and include what's important about this value.



Describe your **number 4 value** and include what's important about this value.

Describe your **number 5 value** and include what's important about this value.

Step 2: Creating Your Vision of the *You* that You Would Like to Be 5 Years From Now

Envision the ideal you: physically, mentally, spiritually and emotionally, and write down what you desire most.

Write everything in the present tense, as if you are that person now and are describing yourself. Really get into this assignment, embellishing with as much detail as possible!

Continue until you have fully captured every detail and the person on the paper feels real to you, *as* you. You will find this becomes amazingly easy once you actually begin to write.

The more you let yourself go and really experience this vision of yourself, the more your present and possible future become one experience. Your subconscious mind can't tell the difference between reality and your vision.

Envision it and you WILL become it.



The ideal me, as I envision myself 5 years from now.

Step 3: Choosing Your 90-Day Bold Goal

Choose ONE goal you'd like to celebrate completing 90 days from now. Make it specific, measurable, bold, AND realistic.

Describe your 90-Day BOLD Goal:



Step 4: Reinforce Your Goal

List up to 5 things that you have been unable to do as a result of your present symptoms.
Please be specific. (Use extra pages if necessary)

List up to 5 things that you plan to do once you are feeling better. Please be specific. (Use extra pages if necessary)

Are there any other health goals you would like to achieve?