



Living a values-driven life involves getting out of your head and stepping in to the world. What will your next step be?

MY VALUE IS:

1. SPECIFIC

Write down your goal. Remember this is a behavior you want to begin doing — make it as specific and detailed as possible.

What steps will you take to help you reach your goal?

2. TRACKING

How will you track this goal? How will you know when the goal is met?

3. END DATE

Set an end date and once you reach it, pause to review. Did you meet your end date? If yes, what is your next goal? If not, examine your STEPS to see where modifications need to be made. If you felt stuck, fill out a Life Map. And REPEAT!

I will reach my goal by:

4 . P O S S I B L E

**Is this goal possible? Do you have all of the skills and resources to complete this goal?
If not, how can you get them? Who can help?**

5 . S E T B A C K S

What barriers, both private and observable, could potentially arise that would get in the way of you reaching your goal? What can you do to prevent setbacks?