



## 11. Goals and my values

*Improving in line with your values*

🕒 Duration: 15 minutes 📅 Frequency: 1x/day 🎮 Difficulty: moderate ★★☆☆ Evidence Quality

### What is it?

- Goal-setting can be used to help increase the chance that someone performs a specific behaviour or achieves an outcome
- Having life goals (becoming fitter, having a successful career, being a loving partner) are great to shape the direction of your life, especially if they align to your deeply held values.

### What can I use it for?

- Pursuing personal goals helps give your life structure, can lead to more personal meaning and is important for self-discovery.
- Setting up overarching life-goals that align with your values and planning the small steps you can take in to furthering these goals can help increase the relevance of a goal.
- By pursuing goals that are personally meaningful, we enter a feedback loop—we pursue a value-based goal allows us to make progress in that area, which encourages us to keep going & reinforces our underlying value.

### How to do it?

1. Identify the top value you want to create an overarching life-goal for.
2. What goals can you think of that you would like to achieve in the upcoming year that are in line with your values?
3. Explain why you care for achieving this goal and how it links to your values.
4. Identify a small step you can take in the next week to help you reach the goals you listed above?
5. Today, share one of your goals with a loved one, a friend a colleague or family member. Tell them what step you will take towards achieving those goals in the upcoming week. Public commitments like these are great drivers of positive change.

### Anything to consider before I start?

- Take the VIA survey if you want to get insight into your own values and strengths at <https://www.viacharacter.org/survey/pro/rsh&vb/account/register>



WELLBEING

RESILIENCE

HEALTH

MOOD

ANXIETY

STRESS

# 11. Goals and my values

What are the top values you want to use to inform an overarching goal

Think of an overarching life goal you want to achieve in line with these values

Why do you care for achieving this goal and for the values related to it?

What short-term goal for the next week can you think of that brings you closer to the overarching life goal

Check whether the goal was SMART. SMART goals are goals that are:

- Specific: they need to be clear and well-defined
- Measurable: you need to be able to 'measure' whether the goal was reached or not
- Achievable: they should not be impossible to achieve
- Realistic: they need to be realistic and relevant to you
- Timely: you need them to have a deadline

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Any hurdles you think may stand in the way of achieving your goal?

## List of common virtues and strengths

### Wisdom and Knowledge:

creativity,  
curiosity,  
Open-mindedness,  
love of learning,  
perspective,  
innovation

### Courage:

bravery,  
persistence,  
integrity,  
vitality,  
zest

### Humanity:

love,  
kindness,  
social intelligence

### Justice:

citizenship,  
fairness,  
leadership

### Temperance:

forgiveness & mercy  
humility,  
prudence,  
self control

### Transcendence:

appreciation of  
beauty & excellence  
gratitude,  
hope,  
humor,  
spirituality

## TINY HABIT STATEMENT

When will I practice it?

How will I celebrate?

Tiny Habit statement: