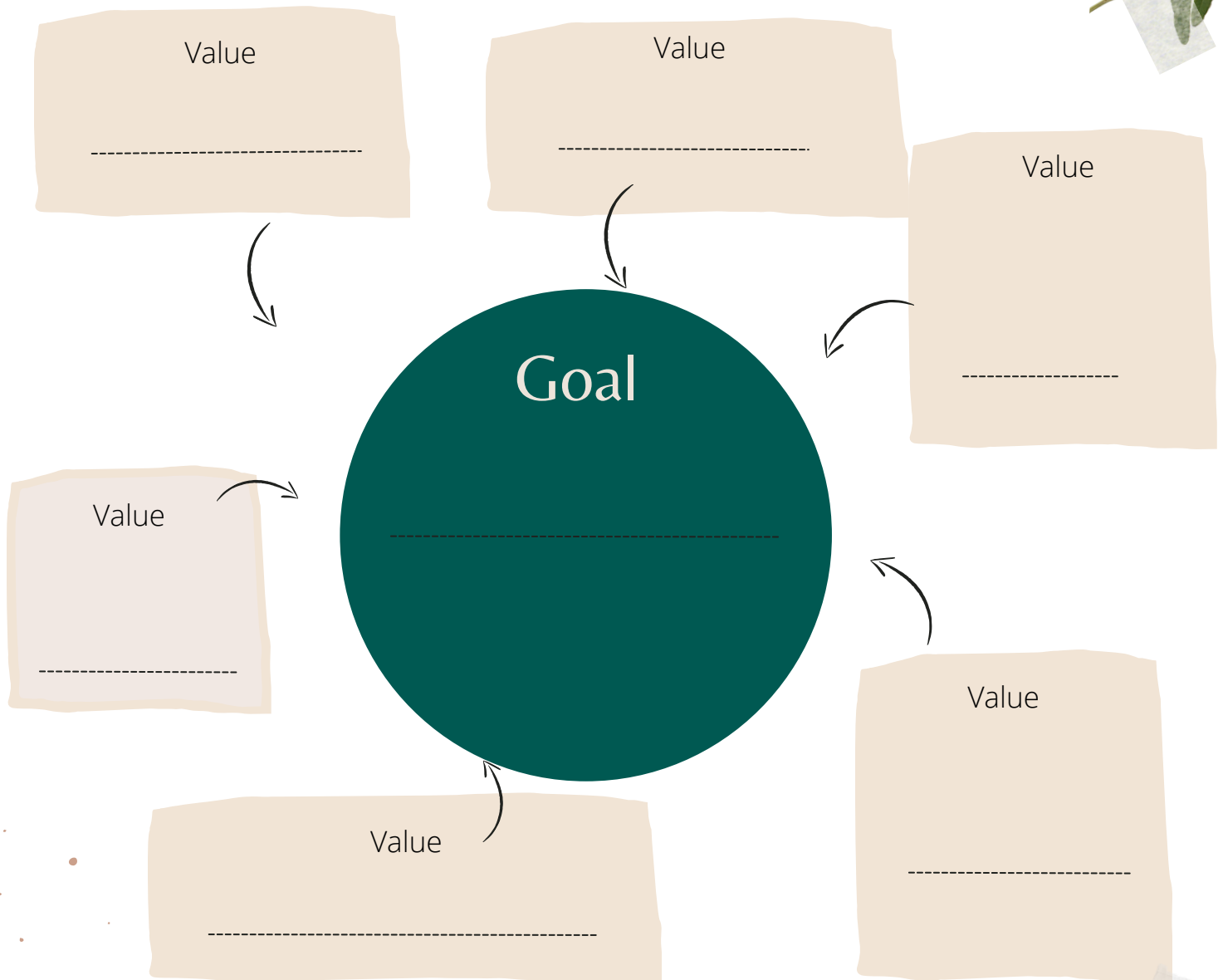


# "Tying My Goals to My Values" Worksheet

## Directions:

Type the thing you most desire into the circle in the center (Goal). In the spaces surrounding the goal, type the things that are most important to you (Values) that this goal addresses and/or satisfies. When you have completed this worksheet, print it out and hang it up in your home or office space where you will see it often. Let it help you keep your "whys" in mind.



Value

Value

Value

Goal

Value

Value

Value

### *STRUGGLING TO IDENTIFY YOUR VALUES? ASK YOURSELF THESE QUESTIONS:*

- Who/What is the most important thing in my life?
- What do I spend my disposable income on?
- When I am happiest, what am I doing?
- When I am not working, how do I like to spend my time?