

1. My value: _____

My Goal: What's something you could do that would bring more of this value into your life?

2. What daily actions could you do to work on your goal?

1:

2:

3:

4:

3. I have thought about what obstacles might get in my way and how to overcome them:

OBSTACLE 1:

WORK AROUND:

OBSTACLE 2:

WORK AROUND:

OBSTACLE 3:

WORK AROUND:

4. My value: _____

My Goal: What's something you could do that would bring more of this value into your life?

5. What daily actions could you do to work on your goal?

1:

2:

3:

4:

6. I have thought about what obstacles might get in my way and how to overcome them:

OBSTACLE 1:

WORK AROUND:

OBSTACLE 2:

WORK AROUND:

OBSTACLE 3:

WORK AROUND: