

1. My top 5 values are:

T 1	T 2	T 3
T 4	T 5	

2. Today I will build goals towards my value of:

T 6

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

T 7

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

1: T 8

2: T 9

3: T 10

4: T 11

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

OBSTACLE 1:

T 12

WORK AROUND:

T 15

OBSTACLE 2:

T 13

WORK AROUND:

T 16

OBSTACLE 3:

T 14

WORK AROUND:

T 17

5. Over the next few days, create a goal for each of your 4 other top values. Once you've set your goals, and thought of daily activities for them, think about obstacles. What might get in your way and how could you plan to work around them?