

SETTING GOALS

The next step in creating and living a values-powered life is deciding exactly what you want to be doing in the service of your values statements. Remember, your values statements are the compass headings you choose to guide the direction you want to travel in life. Goals are like the islands you plan to visit along the way. They're the waypoints helping you physically move in the direction you choose to travel. For example, let's say you value *engaging life healthily*. The ways you choose to do this are your goals. Joining a gym, lifting weights, running, and riding a bicycle are some of the goals that would move you in the direction of engaging life healthily.

The goals you plan should be practical. Let's say for example, you used to do a lot of running, but since the pain started you've been busy trying to manage it, and you stopped running. It may be unrealistic to begin again doing your old running routine. Don't bite off more than you can chew. You may need to build back up to where you were before. Take gradual steps toward achieving your running goal furthering you along the way of engaging life healthily. A realistic first step may be walking for 30-minutes. Below, fill in your values statements from the *Clarifying Your Values* exercise. Plan specific, meaningful, actionable, realistic, and time-framed (SMART) goals that move you boldly in those chosen life directions and write them in the last column.

Remember to plan SMART goals:

- **Specific:** define clearly what you want to do physically.
- **Meaningful:** confirm it's in the service of your values statement.
- **Actionable:** be sure you can do it.
- **Realistic:** be practical about whether you can achieve it.
- **Time-framed:** specify as much as possible when you'll do it.

Areas of living	What do you want to keep on doing?	How do you want to keep on doing it?	What physical behavior would move you along the way of doing it?
Family			
Friends			
Work			
Education			
Health	<i>Engaging life</i>	<i>healthily</i>	<i>Walk 30 minutes 3/week</i>
Recreation			
Spirituality			
Parenting			
Community			
Intimate Relationships			