

# Values and Life Goals

## Common categories for values and life goals

- Becoming a better person
- Education and learning new skills
- Excelling at work, building a career
- Faith, spirituality, or finding meaning
- Family relationships, building a family
- Financial stability or financial independence
- Having fun, relaxing, hobbies
- Having material things, having a rich lifestyle
- Healthy mindset, life balance
- Making a difference in the world around me
- Physical fitness or health
- Spending time with friends
- Supporting family and friends in need
- Traveling and life experiences

Note: The categories can help you to think about your life goals, but they are very general, and your own life goals should be specific. For example, instead of writing “Education and learning new skills,” it’s better to think of “I want to learn to play the guitar.”

## Journaling about values and life goals

This is a personal self-reflection document. It is private, so you do not need to hand it in. But you should keep it: You will need it for future exercises. You don’t have to use all the lines.

1. Using the list above, choose three goals for your current or future life. Do not just use the formulation in the list, but think of your own formulation so that it sounds like what you really want. You could write, for example, “I want to spend more time talking in person with friends.”

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2. Reflect on how you spend your time in a normal day. Does that fit with your values and goals, or is it different?

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3. Name a value or goal that seems to be missing from your life, and it's not your fault, but it's your life circumstances. Explain.

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4. Name a value or goal that seems to be missing from your life, and it's because of your choices or life decisions. Explain.

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5. Do you feel that your values and goals are similar to people that you know, or different?

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