Beyond SMART

Values-Based Goal Setting

RECOGNIZING YOUR VALUES

Circle the values that speak to you. What would you give anything to have more of?



Of your circled values, choose up to six that you feel are most important at this point in your life

1. _____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____

Of the six values, choose three that you could not live without

1. _____ 2. ____ 3. ____