

Values Part 2



Step 1: Choose One Domain of Life

Concentrating on just one domain at a time is crucial to prevent feeling overwhelmed; you can address the others in due time.

Select one area to focus on:
Love/Relationships, Work, Play, or Health.

Area of focus: _____

Step 2: Clarify Your Values

Take some time to reflect on your five most important values in this area of life and write them under your area of focus.

What kind of character do you want to cultivate?

What personal qualities do you wish to develop?

What principles do you want to uphold?

1. _____

2. _____

3. _____

4. _____

5. _____

Step 3: Set Your Goals

Using these values, set your goals. What short-term goals can you pursue in the upcoming days and weeks? What medium-term goals do you hope to achieve over the next few months? What long-term aspirations do you have for the years to come?

Step 4: Specify Your Actions

Select a significant short-term goal. Reflect on the actions required to attain it. What is the first step you can take? What simple, easy action can you begin with today, regardless of how small it may seem?

Step 5: Get Moving

Now that you've identified your next steps, it's time to take action. Remember to act mindfully. Detach from unhelpful narratives, make space for uncomfortable emotions, and fully engage in the task.