

We all have aims in life, or things that we would like to achieve. Whether your aims are big or small, setting yourself clear goals can help you make changes in your life and give you a sense of control and direction. You can use the steps below and the final page to set yourself a goal that matters to you!

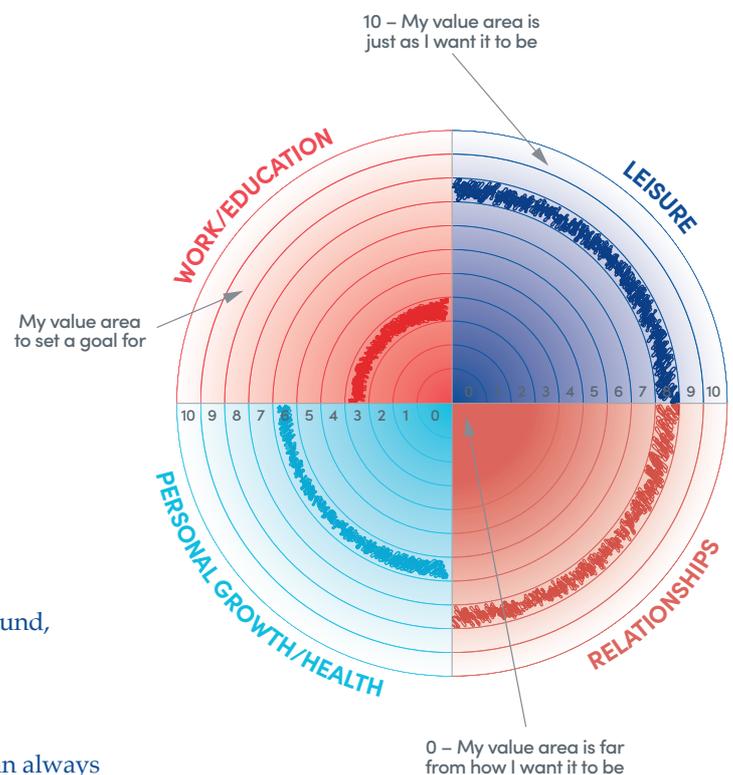
Remember: You can work through the knowHAE 'focusing on what matters to you' module for more tips on setting your goal.

Step 1. Choosing a value area¹

Think about what areas of your life are most important to you, and select one you want to make growth in or improve. These could be in any of the areas shown in the wheel to the right or another area you may think of.

If you need help choosing an area of your life to work on, you can use the value wheel to rate how you feel about each area, with 10 being the most positive and 0 the least.

In the example opposite, this person has shaded in 3 for 'Work/Education'. As this was their lowest score, they may want to think about setting a goal in this area of their life to make a positive change.



Step 2. Setting your own goal

Once you've thought about a value area to base your goal around, think about what the gap is in this area.

- What made you score that area lower?
- What is it that you want to improve?

This will be your 'goal', so try to focus on one thing, as you can always set another goal in the future.

Remember: This part may include people who can help, smaller steps to complete and timelines to do these by.

Step 3. Keeping track of your goal

Ensuring you regularly check in on your progress, and identify any potential barriers, can help you to continue moving towards your goal. Think through what these could be but most importantly how you can get ahead of these and overcome them.

The final step

Finally, giving yourself something to keep you driven to achieving your goal can help you stay on track. Try to keep this somewhere visible to stay motivated!

Continue on to set your goal...

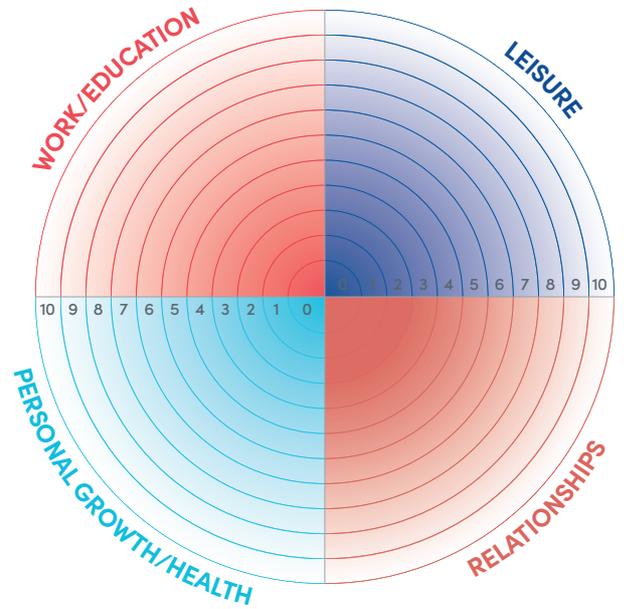
References:

1. Lundgren et al. The Bull's-Eye Values Survey: A Psychometric Evaluation. Cognitive and Behavioral Practice 19 (2012) 518-526.

my goal

Step 1. Choosing a value area

My value area:



Step 2. Setting your own goal

My goal:

How and when I will achieve my goal:

DD/MM/YYYY

DD/MM/YYYY

DD/MM/YYYY

Step 3. Keeping track of your goal

Possible barriers to achieving my goal:

How I will overcome them:

How I will reward myself when I achieve my goal:



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