

Setting *goals*

Goals Clarification

Living a life in tune with your values is important because it clearly defines what means most to you. In this values clarification exercise you are trying to translate your personal values into your intended changes in behaviour.

Step 1:

In the **VALUE** column write down one of your values that you identified earlier.

Step 2:

In the **GOAL** column write down what you want to happen in order to align you closer to your value.

Step 3:

In the **ACTION** column write down specifically what you are going to do to align you to your value.

VALUE	GOAL What do I want to happen?	ACTION What am I going to do about it?
Healthy relationships	<p>I want us to get along</p> <p>I want us to spend more time together</p>	<p>Allow my friend time to express their feelings without interrupting</p> <p>Make time at least once per week to share a pleasurable activity with my friend</p>
Being competent	<p>I want to feel more competent in my work or mind less if I am not always on top of every job that I do</p>	<p>Attend work skills development workshops and programs</p> <p>Learn skills to help me accept that I don't need to be perfect in order to be competent</p>
Being emotionally stable	<p>I want to manage my temper when I feel anxious or overwhelmed</p>	<p>Learn and practise distress tolerance skills</p> <p>Learn and practise self-soothing techniques</p> <p>Schedule appointments with a therapist to learn these skills</p>



VALUE	GOAL What do I want to happen?	ACTION What am I going to do about it?

7 DAY
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