

Values & Goals

Accountability	Fairness	Leadership	Security
Achievement	Faith	Learning	Self-Control
Adventure	Family	Love	Self-Reliance
Ambition	Flexibility	Loyalty	Self-Respect
Authenticity	Freedom	Modesty	Self-Sacrifice
Autonomy	Friendship	Openness	Service
Balance	Fun	Optimism	Simplicity
Belonging	Generosity	Organization	Spirituality
Charity	Gratitude	Patience	Strength
Chastity	Growth	Peace	Trust
Community	Happiness	Performance	Trustworthiness
Compassion	Health	Perseverance	Truth
Connection	Honesty	Playfulness	Understanding
Conservation	Humility	Popularity	Unity
Contribution	Humor	Prosperity	Versatility
Courage	Individuality	Reliability	Vision
Creativity	Influence	Reputation	
Curiosity	Inner Harmony	Resilience	
Dependability	Integrity	Respect	
Discipline	Joy	Responsibility	
Duty	Kindness		
Empathy	Knowledge		
Equality			
Excellence			

MY CORE VALUES

- Find your top 2 values by circling all the values on the list that are important to you. Notice there is space to fill in a few values of your own.

- After circling all that are important to you, narrow it down to your top 10.

- Then of those top 10, pick your top 5.

- Then of those 5, pick your top 3.

- Then of those 3, pick your top 2 values.

Then fill in your Top 2 Values.

What does SMART stand for?

In the spaces provided, identify the components of an effective SMART goal.

Use the letters of the SMART acronym to help you remember.

SMART GOAL

S _____

M _____

A _____

R _____

T _____