

values Based Goal Setting & Decision Making

Welcome to Wind Over Water Counseling & Consulting!

I'm Kendra, and I am a therapist, amongst many other things. Over the years I have adapted this exercise from multiple sources to make it more useful, direct, and applicable to my client's needs.

There are a lot of values exercises out there - this one is designed to get you to think more about your personal values. In addition to helping people clarify goals and decisions, how you define your values can help you develop personal integrity and your sense of self.

If you're in a life transition, trying to get or stay in recovery of some kind, or just trying to feel a greater sense of purpose or connectedness, this exercise may help you put the best foot forward to the next leg of your journey. I also recommend that you consider completing this exercise every year or when you are in a significant transition - your values will change over time just as much as everything else in life!

One of my mantras is "Start as you mean to go on" - to me, this means I have to know where I am going, what I will tolerate, and what will work best for me to keep moving forward. The quote has been attributed to Charles Spurgeon, but I'm not 100% sure where I first heard it, though it stuck with me. To me, it means a variety of things, but being consistent, keeping to my values and my boundaries, and treating others with genuineness and by the golden rule are all wrapped up in that one little phrase. I hope this helps you clarify your core values.

"values are like fingerprints.
Nobody's are the same, but you leave 'em
all over everything you do."

-Elvis Presley

FOUR STEPS

to Values Based Goal Setting & Decision Making

01

Define Your Values

Identify your values from the list, and review them until you come up with your top ten (ranked), then define each of them for yourself.

03

Decision Making

When you understand your values, you can use them to evaluate decisions big and small - if it is not aligned with your definition of your value, should you stay in it?

02

Identify your Goals & Conflicts

For each value, what are your goals? What keeps you from living within those goals? What disrupts your integrity? Where has it gone off track in the past?

04

Constant Evaluation

At least annually, make sure that your values are still aligned and that your goals and decisions are working with your integrity. Where did it go well, where was there a mis-alignment? How did it turn out?



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1. Categorize each of these values as Very Important, Important or Not Important. .
2. Rank your top ten from the Very Important values you marked.
3. On the following sheet, examine each of these to clarify your definition, goals, and possible conflicts for each value.

Very Important	Important	Not Important	Value	Rank (only 1-10)	Very Important	Important	Not Important	Value	Rank (only 1-10)
			Adventure					Justice	
			Authenticity					Law	
			Autonomy					Leadership	
			Balance					Love	
			Beauty					Loyalty	
			Challenge					Knowledge	
			Change					Nature	
			Comfort					Openness	
			Community					Order	
			Compassion					Patience	
			Competence					Patriotism	
			Control					Pleasure	
			Cooperation					Power	
			Courage					Privacy	
			Courtesy					Prosperity	
			Creativity					Purity	
			Dependability					Respect	
			Education					Responsibility	
			Equality					Romance	
			Faith					Security	
			Fame					Simplicity	
			Fitness					Solitude	
			Freedom					Spirituality	
			Fun					Stability	
			Genuineness					Status	
			Gratitude					Strength	
			Growth					Success	
			Harmony					Teamwork	
			Honesty					Tolerance	
			Honor					Unity	
			Humor					Wealth	
			Independence					Wisdom	
			Intelligence						

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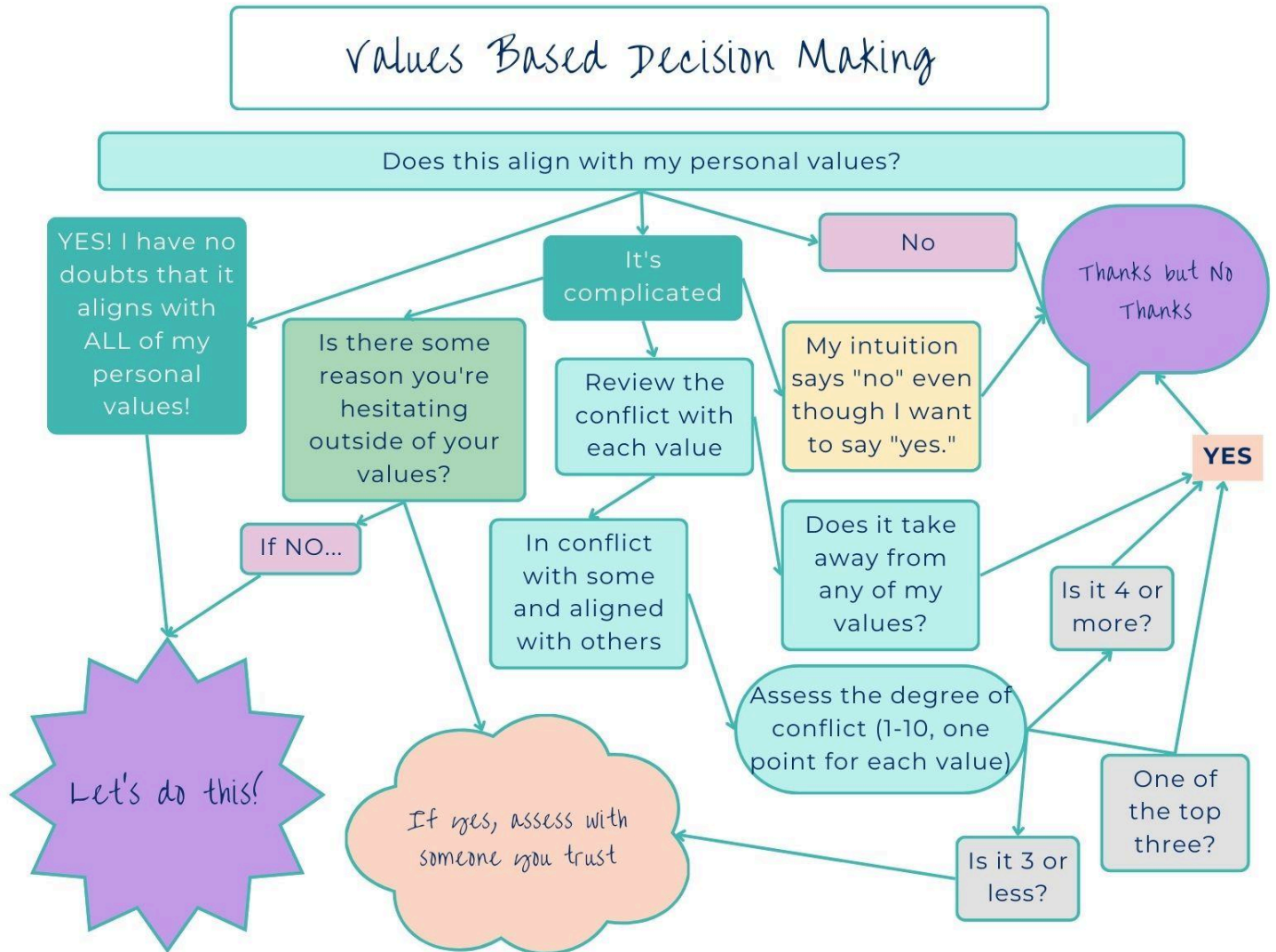
A Note About **Integrity**: For the purposes of this exercise, we will define **Integrity** as something that you have when you are living in alignment with your values.

Instructions:

- For each of these values, think about your definition of the value and how it might differ from someone else's.
 - For instance, everyone has different senses of humor, ideas about spirituality, and different definitions of success or fun or privacy.
 - A value is a person's **guiding principles** or standards of behavior; one's judgment of what is important in life.
 - Try to make the definition one that you think will apply **throughout your life**.
- Then think about your long- and short-term goals for this value in your life. Try to paint a picture of what it means if you are living fully in this value by your definition.
 - What is your long term or **overall** goal for your life with this value?
 - What short-term, **quantifiable** goal will you commit to right now in your life regarding this value?
 - In your life at this moment in time, what are you not **satisfied** with? What would you like to be different?
 - How do we want to be **remembered**, written about, talked about, long after we are gone?
 - Who do you know who lives their life with integrity? Who do you **admire**?
 - What makes you **different**?
- Last, think about what keeps you from your goals with each value?
 - Is it someone, something, a life circumstance, or something else that keeps you from **feeling satisfied** with this value in your life?
 - Have you ever had an experience that sat with you the wrong way? That you were unsatisfied on a deeper level, and that you would like to go back and **change**? What was that conflict? How does that situation mesh with your values?
 - What dialectics do you struggle with? Dialectics are two things that are in conflict but both true - like change and acceptance or understanding and approval.
 - Some values can be in conflict with others, which is one reason why ranking them is important...

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After you complete this exercise, use this to align your decisions. Once you have practiced for a while, the process will get smoother and easier.



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