Worksheet

Values	Goals	Specific, Measurable, Provable Actions	48-Hour Plan	Limiting Actions/ Thoughts	Enlist Help From	12 Wee	ek Plan Finish Date	Leading Indicator	Lagging Indicator
e.g. Authenticity, happiness, peace, creativity, friendships	Jam with friends	Learn 5 Beatles songs	Enrol in guitar lessons	I don't have time/ I'm too old	Nicole. She knows people	Janaury 6th	April 4th	Practice for 1/2 hour daily	I can play guitar!

Core Values List

Below are some common values that might help trigger some ideas. It is not recommended to choose more than 5 at a time to focus on. It also helps to take the time to identify WHY these values are important to you. This exercise can reveal an underlying overarching principal by which you choose to make most of your decisions.

Authenticity Fun Openness

Adventure Grace Peace

Autonomy Growth Recognition

Balance Happiness Respect

Beauty Honesty Responsibility

Compassion Humor Security

Challenge Influence Self-Respect

Community Inner Harmony Spirituality

Competency Kindness Stability

Creativity Learning Success

Curiosity Love Wealth

Fame Loyalty Wisdom

Friendships Meaningful Work