



## Values vs. Goals

- Goals are directed actions
- Values are qualities of being that we personally aspire to
- Values inform the goals we set
- Values are like principles that guide our actions
- Values are closely aligned with the type of person we want to be
- Values also inform the communities we hope to build and belong to
- Living in accordance with your values leads to a sense of peace and integrity

### *“Stand on principle”*

Take time to look at the Life Balance worksheet. Rank what you value most in terms of the 10 life Domains. Then honestly rank where you spend your most time. This will help you to see where and how you might want to re-consider spending your time.

Then look at the list of Value words to identify your core values. Although there are many, try to narrow it down to your top 5!

Then look honestly at how you invest your energy to see if you are going forward towards the person you are intended to be.

Once you reflected on where your current life choices are leading you, take time to set your goals to make any adjustments to your behaviour you might need to ensure your success.

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Over the next few days,

- Practice listening deeply to your Values
- Are your actions aligned with who you want to be?
- Do you feel comfortable doing what you're doing?
- Are you moving towards your stretch goals ?
- If not do you need to change Course ?
- Do you need to clarify your boundaries ?

This next week take time to check in with your Moral Compass. Make sure you are living in alignment with your values. This reflective practice helps build self-awareness, self-compassion, integrity, understanding, energizes and inspires.