

Identify your values and goals

This tool can help you identify what is meaningful to you. The values and goals you identify can guide your decisions in life to help you feel happier.

This exercise is meant to be done slowly and thoughtfully. You may want to close your eyes from time to time to help you reflect.

Step 1: Plan your party

Imagine that you are many years ahead in the future and someone has decided to throw you a party. This party could be to celebrate a birthday, retirement or some other occasion. Take the time to visualize what the party would be like, and use the boxes shown here to enter some details about what you see.

Type of party:

Location:

Other important details:

Everyone you have ever known who is important to you can be there, even those who have passed away. Use this box to make a list of some of the most important guests.

Your guests:

Step 2: Choose speakers, and what you'd like them to say

Think about the guests from **Step 1: Plan your party**. Of those people, choose who you would want to speak about you. They may not be who you think or expect would speak about you, but who you would CHOOSE. You can even choose people who are no longer alive. There is space for up to three speakers, but you can use another sheet of paper if you have chosen more people.

Now think about what you would WANT these people to say about you (even if it is not true — yet!)

What would you want them to say about:

- The kind of person you are
- The kind of life you have lived
- What you have cared about
- What you accomplished

Speaker #1

Speaker #2

Speaker #3

What you'd like this person to say:

What you'd like this person to say:

What you'd like this person to say:

Step 3: Reflect

Take a moment now to reflect. Next, enter the three most important qualities that you want to be said about you in the boxes below.

Speaker #1

Quality 1

Quality 2

Quality 3

Speaker #2

Quality 1

Quality 2

Quality 3

Speaker #3

Quality 1

Quality 2

Quality 3

Step 4: Choose a goal

Knowing what qualities you value most can help you identify the personal goals you want to achieve.

Select one of your valued qualities from **Step 3: Reflect**. Then enter a goal that lines up with that quality in the box below.

Your valued qualities:

Your goal:

Step 5: Identify action steps

Goals can sometimes be hard to achieve all at once. It's helpful to think of smaller action steps to help reach them.

In the boxes, enter 3 small action steps you can take to reach your goal.

Action Step 1:

Action Step 2:

Action Step 3:

Now that you have identified goals and action steps, you'll need to put them into place. Try scheduling time on your personal calendar to achieve them.

