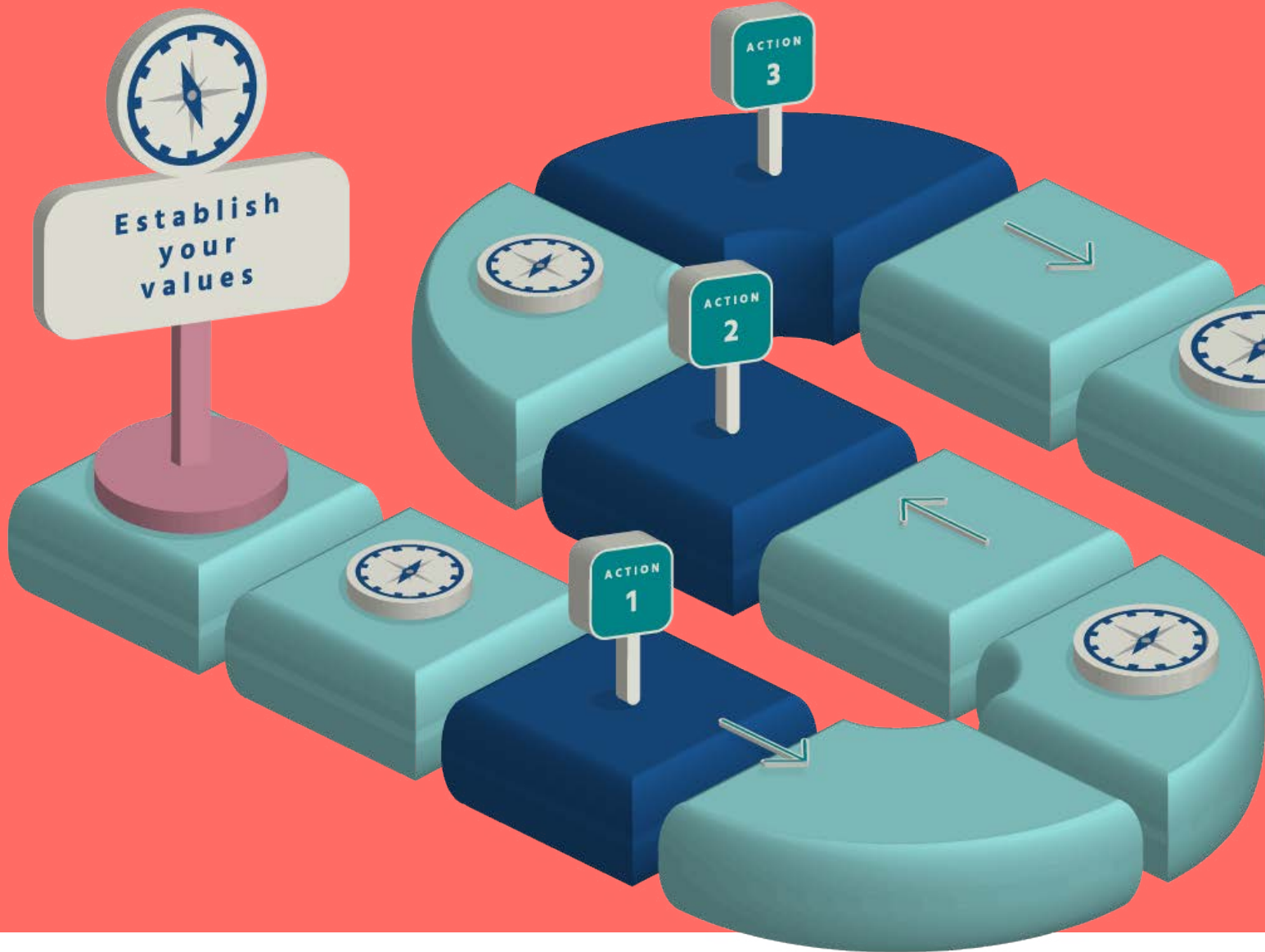


Learning about **values** and setting goals

Student exercise



youhq



What are values

The term values has a wide variety of meanings and is used in various settings. In wellbeing and for our purposes we think of values as personal qualities that we aspire to and wish to cultivate. It is how we want to behave as people, how we wish to relate to others, to ourselves and the world around us.

These values aren't plucked from thin air or bestowed upon us by others. We purposefully and with commitment choose these values as markers of how we wish to live our lives. They act as our compass point to guide how we wish to behave on a daily basis.

We may see these values modelled in others, we may see them in fictional characters or see them embodied in the ones around us. This isn't about emulating one person completely but choosing the characteristics that most resonate with us.

As an example, two values that I have found resonate most with me over the years are compassion and integrity. I will never complete either of these nor will I finish aspiring to embody these qualities. I may wander off course from these values and that's ok. It doesn't mean I have failed and in recognising that I am moving away from them I develop the opportunity to steer true again. This may and probably will happen many times over the years and indeed these values may be superseded by others at different times in my life. All of this is part of my own personal development.

There are hundreds of values, many of which we may feel drawn to, but it would be unrealistic to chart our progress and monitor our daily behaviour with so many. We may identify a handful of values that most represent how we wish to live and be remembered and these should be the focus of our efforts.

Value-based goal setting

So how do we know if we're on track with our values if we never end up finishing them? Whilst the value acts as the compass point, the goals aligned to these values form way markers that help us stay on track. These can form smaller daily habit based goals, medium term or even longer term goals.

Using the value I mentioned earlier of compassion as an example of goals, then a daily goal that forms part of a habit may be to display compassion to each of the clients I see in my role as a psychologist. There may be very specific markers that would form a demonstration of compassion that may be very different for different people. Once developed using the SMART method of setting goals these can form part of my intentional daily expression and acting towards this particular value. In reflecting on these and other moments aligned to this and other values I can develop a contentment and satisfaction that I am living true to myself and how I wish to engage with others.

If I were to consistently struggle to achieve these or other goals that I establish this provides me with an opportunity to review them, to assess whether they fit with the particular value I am aspiring towards and to try to break down any barriers that prevent me from achieving this. By not completing these goals we aren't failing them, we simply have to refine them to make them more achievable or dedicate more energy/effort/resource to their completion if the particular value remains important to us.

Keeping track of these values and goals can be difficult, which is why we have developed our bespoke software to help maximise the potential for students to achieve and live rich and fulfilling lives that are determined by them and evolve with their own development.



youHQ

1. Let's start with what's important to you

There's lots of words that can help you describe who and what you want to be.

The closer you live your life to these words the easier it is to help you feel good about yourself. We call these words **'values'**.



2. Setting your values

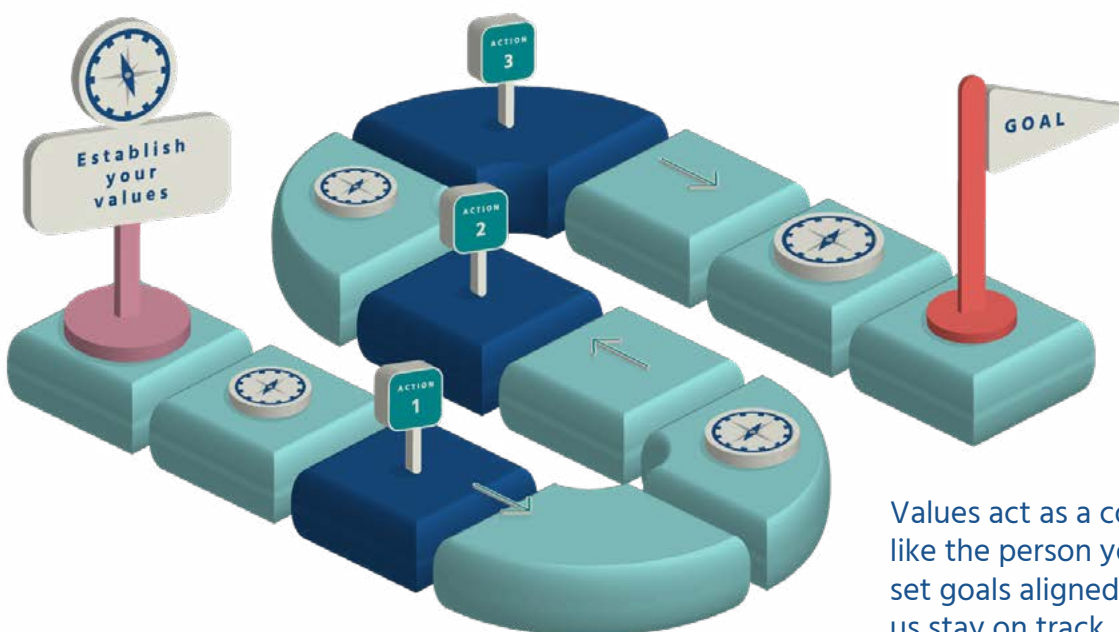
Using the list below, choose THREE to FIVE words that mean the most to you, and write them in the box provided:

Compassion Courage Creativity Enthusiasm Faith
Family-oriented Forgiveness Friendship Gratitude
Health Honesty Kindness Optimism Persistence
Responsibility Safety Success Wealth

TASK

What words mean the most to you?

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>



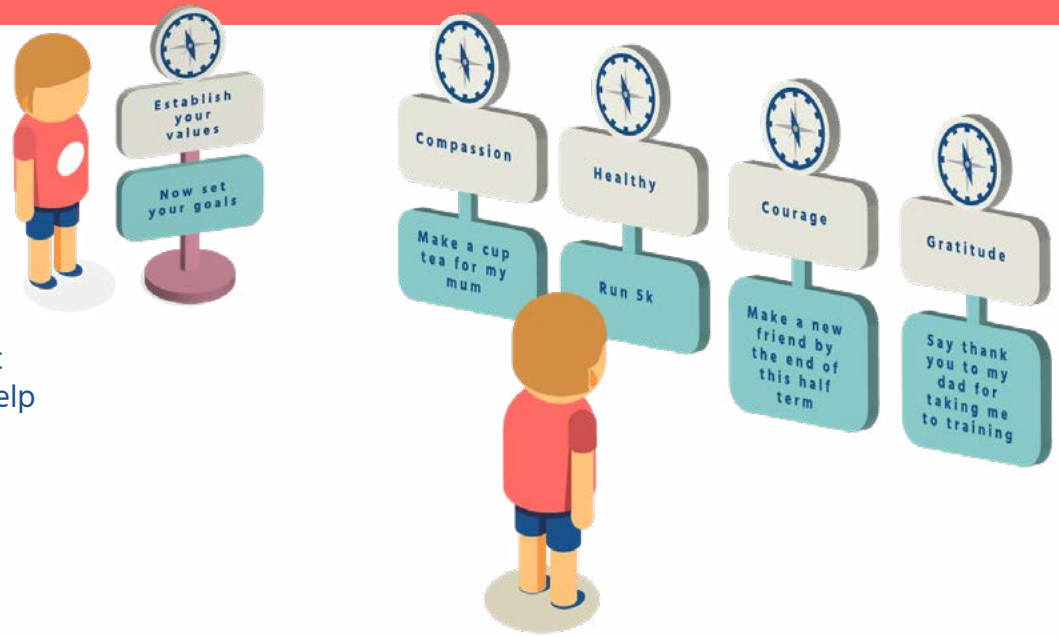
3. Setting goals against values

Values act as a compass to help you live like the person you want to be. We can set goals aligned to these values to help us stay on track.

Although you can never complete your values, goals are completable actions to help you live a rich and fulfilling life.

4. Creating goals

Think of a goal you want to achieve that would help you live by one of your chosen values.



TASK

Write down your goal

5. Make your goal SMART

Goal: Run 5k				
S	M	A	R	T
				
Specific	Measurable	Achievable	Relevant	Time-Bound
I would like to run 5k	In under 25 minutes	Yes! I can currently run it in 30 mins	I like running and believe it's good for my physical and mental health	Within 6 weeks

TASK

Specific

Measurable

Achievable

Relevant

Time-bound



5. Ok. Let's formalise this goal and begin to think about how you will get there:

TASK

Goal title	<input type="text"/>
Goal description	<input type="text"/>
Value it relates to	<input type="text"/>
Write due date for goal	<input type="text"/>

6. What DOMAIN does this goal fit within?

For example, if one of your goals is to eat fruit or vegetables every day, this would fit within the 'Health and wellbeing' domain.

TASK - circle one

Health & Wellbeing	Relationships	Ambition
-------------------------------	----------------------	-----------------



Ok. You have an idea of what you want to achieve i.e. a 'goal'. What stepping-stones, or 'actions', do you need to take to get you closer to your goal?

Example Goal: To run a 5k in under 30 mins
Example Action: To walk and run 1km tomorrow

TASK

Action 1

Action 1 due date



Action 2

Action 2 due date

Action 3

Action 3 due date



Want to set another goal?

Goal title

Goal description

Value it relates to

Goal due date

Domain

Health & Wellbeing Relationships Ambition

Action 1

Action 1 due date

Action 2

Action 2 due date

Action 3

Action 3 due date



youhq

youHQ.co.uk