



Value Based Goal Setting (VBGS)

Identify Top Values

Identify Top Goals

Examples of congruent Values and Goals

I value family so I make it a goal to spend quality time with my family. I value health and so I make it a goal to exercise at least 4 days a week and eat healthy foods. I value growth and so therefore I self-study at least 60-90 minutes every day as a daily goal/task. I value my relationship with God and my spiritual connection and so I make sure to spend quality time meditating and connecting with my highest purpose. I value contribution and so I make it a goal every day to contribute beyond on myself to other people who are less fortunate than me, and to anyone who I can add value to by sharing my knowledge, resources or relationships.

What can you do every day to make sure you are working on your highest *value based goals*?
