

Values and Goals Worksheet

Please complete the form below by stating a single value, listing action steps related to that value, and describing thoughts or emotions that might interfere with taking the action steps. Please rate the degree to which you are currently living your value by using the following scale: 0 = not living it at all; 1 = living it a little; 2 = moderately living the value; 3 = living the value most of the time; 4 = completely living the value.

Value	Action steps	Internal reasons (thoughts, emotions)	Degree to which value is being lived
Example: 1. <i>Lead a spiritual life.</i>	<i>Pray on a daily basis.</i>	1. <i>Forgetting to pray</i> 2. <i>Feeling anger at God</i>	2
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			