Session 6: **Committed Action**

**Value and Goals Sheet**

1. Identify a value (quality of lived action) that is important to you.

2. Choose a domain of life from the list below in which you plan to honour or express that value. Set goals for each of the time frames in the list.

3. Goals at different timeframes do not have to be logically connected although you will find they often are.

**Life Domains**

<table>
<thead>
<tr>
<th>Family</th>
<th>Health / fitness / wellbeing</th>
<th>Community / society / politics</th>
<th>Arts / creativity / play</th>
<th>Mental / emotional wellness</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Work / career</td>
<td>Religion / spirituality</td>
<td>Recreation / leisure</td>
<td>Other: ____________</td>
</tr>
<tr>
<td></td>
<td>Study / learning</td>
<td>Partner / spouse / marriage</td>
<td>Travel</td>
<td>Other: ____________</td>
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</tbody>
</table>

**Value**  
**Domain**

1. **Lifetime goal (mission)**

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   _______________________________________________________________

2. **10 year goal**

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3. **3 year goal**

   _______________________________________________________________

   _______________________________________________________________

   _______________________________________________________________
1 year goal


6 month goal


1 month goal


1 week goal


What I need to do today


