

# What are Your Goals?

Adapted from a book, "Don't Let Your Emotions Run Your Life"



Knowing your values is important to help you decide what your goals are because your goals are like steps that move you closer to your values.

Goals are things that you want and are working on getting. Goals can be short or long term. Short goals are things you want to achieve in the next day or near future. Long-term goals are things you want to achieve that will take a little extra work. Long-term goals often involve a few steps, or short-term goals. Both kinds of goals are important.

## For You to Do:

Think about two values that are important to you. You can use the list below, or think of your own values. Then, use those values to come up with some short-term and long-term goals.

For example, for a short-term goal, if you chose the value of friendship, ask yourself, "what can I do today that will show I am a good friend?"

### Values List:

Honesty	Loyalty	Caring	Fun
Friendship	Creativity	Kindness	Success
Family	Hard Work	Helping Others	Humor
.....			

Value: \_\_\_\_\_

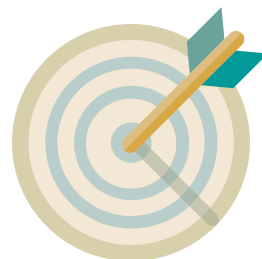
Short-term Goal: \_\_\_\_\_

Long-term Goal: \_\_\_\_\_

Value: \_\_\_\_\_

Short-term Goal: \_\_\_\_\_

Long-term Goal: \_\_\_\_\_



# Overcoming Obstacles to Reach Big Goals

Adapted from a book, "Don't Let Your Emotions Run Your Life"

## Values:

- Things you are working on all the time
- Tell you what kind of person you want to be.
- Help you set goals.
- You tend to feel happy when you are working on goals that match your values.
- Just like clouds, you can never actually grab a value and say, "I've reached it! I don't ever have to work on this again!"



## Goals:

When you have a big goal, it is like climbing a big mountain; it will take longer to reach the top. Just like climbing a mountain requires tools, you need tools to reach your goals. The tools you need to reach your goals are different depending on your values and your goals.

## For You to Do:

List some of your goals. Are you working on these goals now or do you want to work on them in the future?

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What tools do you need to work on these goals?

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What makes it hard to reach these goals?

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What are some small steps toward a goal that you listed?

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What can you do right now that is a small step toward a bigger goal?

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