

## VALUE BASED GOALS

Client initials:

Date:

Goal(s): Please write down a goal or goals that are important to you. For each goal consider rating your **current performance of your goal and level of satisfaction** : **1 = not satisfied** **10 = very satisfied**. Please circle your rating e.g.

Performance 1 2 3 4 5 6 7 8 9 10

Satisfaction 1 2 3 4 5 6 7 8 9 10

Goal 1:

Performance 1 2 3 4 5 6 7 8 9 10

Satisfaction 1 2 3 4 5 6 7 8 9 10

Goal 2:

Performance 1 2 3 4 5 6 7 8 9 10

Satisfaction 1 2 3 4 5 6 7 8 9 10

**use separate sheet to break your goals down into manageable chunks if needed (see SMART goal sheet)**

Barriers/obstacles to achievement or change:

Solutions to these barriers/obstacles:

What would I gain by setting myself goals?

How am I going to achieve my goals?

Achievements so far:

### 3 MONTHLY REVIEW

Now consider rating again after working on your goal(s):

1.

2.

i. Performance 1 2 3 4 5 6 7 8 9 10

ii. Satisfaction 1 2 3 4 5 6 7 8 9 10