

# humantold

## Turning Values Into Goals (Part 1)

Changing behaviors is really hard, especially if you have been doing the same things over and over for a long time. You know you want to do things differently, but you can't help it. The first step is to identify the behaviors that you would like to change? What would you like to be doing more of? What do you want to do less of? What behaviors and actions end up causing you problems?

One way to help with this is connecting your values and slowly taking more and more every day actions in alignment with those values. If you have not taken a second to evaluate your values please check in with our resource to assist with that.

This activity is meant for you to start specifying smaller goals in line with your values or create what we call committed actions—which is a set of actions to create a life full of your wishes and hopes. If your values are your conscience guiding you on the journey, committed actions are the journey itself. Let's start by figuring out your journey by creating specific goals in line with your values

**Activity:** Write out 3 to 5 values here to focus on, in order of importance.

1.

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2.

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3.

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4.

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5.

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**Pick one** that you would like to start with now: \_\_\_\_\_

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**Connect it with a goal:** \_\_\_\_\_

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*\*\*As an example, if our value is "be independent." The next step is to think about a concrete goal that supports this value. So if the value is being independent, a few goals might be getting a job, learning to cook for yourself, getting a driver's license, and so on.\*\**

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Now let's think through all the steps that it will take to accomplish your goal, try breaking it down into 5 to 10 smaller steps.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

*\*\*Let's say your goal was to get a job. Step one: might be googling options for local jobs. Step two: creating a list of jobs that you were interested in. Step three: figuring out how you can apply to the jobs you want. Step four: applying for the jobs. Step five: interviewing for the jobs. Step six: starting the job. All of these could be broken down into even smaller steps but do what feels comfortable for you.\*\**

After you've done this, **what's the first step that you will take?**