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Turning Values Into Goals (Part 2)

After doing the activity in part one we begin to think about following through. Remember to connect with the value to help anchor yourself.

Priority Value:

Goal Related to Value:

Now think of some of the obstacles that could get in the way and some solutions to fix them.

Sometimes the barriers to goals come from outside of you, like a person not giving you what you want, or the weather not cooperating, or some other random event. Other barriers come from within and include your own thoughts, emotions, and behaviors.

Write out the steps from part 1 and fill in possible barriers and solutions.

Step toward Goal	Possible Barriers	Solutions to Barriers
1.		
2.		
3.		
4.		
5.		

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6.		
7.		
8.		
9.		
10.		

Reflection:
