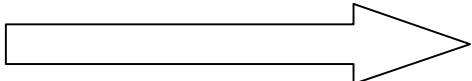
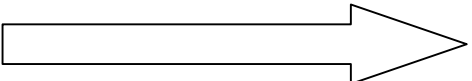


VALUE



GOALS



ACTIONS

LIFE AREA: health/ relationships/ work/ leisure/ personal growth
VALUE REMINDER WORDS

Short-term goals: Next 4 weeks
1.
2.
3.
4.

Medium-term goals: next 6 months to one year
1.
2.
3.
4.

Long-term goals: next three years or more
1.
2.
3.
4.

VALUE-BASED ACTIONS FOR THE NEXT WEEK

1.
2.
3.

INTERNAL BARRIERS. Record any “unhelpful” thoughts, feelings, urges, moods that might interfere with value-based goals and actions in this area of your life.
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