

Goals and Values Worksheet

Step 1: Identify Your Core Values

List 5-10 core values that resonate with your heart and soul. These are the principles that guide your life.

Step 2: Define Your Goals

For each goal, align it with one of your core values. Ensure that the goals are specific, measurable, achievable, relevant, and time-bound (SMART).

Goal	Aligned Value	Milestones (with deadlines)	Progress Notes

Step 3: Set Milestones

Break down each goal into smaller, manageable milestones. Include deadlines to keep you on track.

Step 4: Regular Reflection and Adjustment

Schedule regular check-ins (e.g., weekly, monthly) to review your progress. Reflect on your alignment with your values and make adjustments as needed.

Next Check-In Date: _____

Reflection Notes:

Print this worksheet or create a digital version to keep track of your progress. Revisit it regularly, allowing it to be a living document that evolves with you on your journey.

May this worksheet be a compass for your soul, a guide that leads you to the heart of intentional living. The universe awaits, dear traveler, and the path of aligning goals with values is a wondrous adventure, filled with beauty, wisdom, and love.