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The most effective goals are those that are rooted in our own values, so what are you values? In this section we ask you to put together your personal statement of values that will be useful for the rest of this goal-setting process.

Using the word list on page four as a resource, select ten words that you identify as your values. Of those ten, choose the top five that you believe encapsulate your values today. It is important to recognize that these values are not aspirational, but rather honest assessments of who you are today and what you value.

As you think through the terms you want to use, and you are free to use other words that are not on this list as well, consider what you mean by these terms. We all have a general understanding of words, but what do you specifically mean by selecting a given term. Once you have chosen your five, define them below.

Value: ___________________
Definition:

Value: ___________________
Definition:

Value: ___________________
Definition:

Value: ___________________
Definition:

Value: ___________________
Definition:
Now that you have your five values, put these together in a collective personal statement about who you are. Finish this sentence: Because of these values I am a person who…

Be sure to consider how these values impact your decision making and behaviors in writing your statement.

I value _________________
I value _________________
I value _________________
I value _________________
I value _________________

By _______________ I mean: ______________________________________________________
______________________________________________________________________________
______________________________________________________________________________

By _______________ I mean: ______________________________________________________
______________________________________________________________________________
______________________________________________________________________________

By _______________ I mean: ______________________________________________________
______________________________________________________________________________
______________________________________________________________________________

By _______________ I mean: ______________________________________________________
______________________________________________________________________________
______________________________________________________________________________

By _______________ I mean: ______________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Collectively, because of these values I am a person who:
Accountability
Accuracy
Achievement
Adventurousness
Altruism
Ambition
Assertiveness
Balance
Being the best
Belonging
Boldness
Calmness
Carefulness
Challenge
Cheerfulness
Clear-mindedness
Commitment
Community
Compassion
Competitiveness
Consistency
Contentment
Continuous Improvement
Contribution
Control
Cooperation
Correctness
Courteous
Creativity
Curiosity
Decisiveness
Democracy
Dependability
Determination
Devoutness
Diligence
Discipline
Discretion
Diversity
Dynamism
Economy
Effectiveness
Excellence
Excitement
Expertise
Exploration
Expressiveness
Faith
Family-orientedness
Fidelity
Fitness
Fluency
Focus
Freedom
Fun
Generosity
Goodness
Grace
Growth
Happiness
Hard Work
Health
Helping Society
Holiness
Honesty
Honor
Humility
Independence
Ingenious
Inner Harmony
Inquisitiveness
Insightfulness
Intelligence
Intuition
Intuition
Joy
Justice
Leadership
Legacy
Love
Loyalty
Making a difference
Mastery
Perfection
Piety
Positivity
Practicality
Preparedness
Professionalism
Prudence
Quality-orientation
Reliability
Resourcefulness
Restraint
Results-oriented
Rigor
Security
Self-actualization
Self-control
Selflessness
Self-reliance
Sensitivity
Serenity
Service
Shrewdness
Simplicity
Soundness
Speed
Spontaneity
Stability
Strategic
Strength
Structure
Success
Support
Teamwork
Temperance
Thankfulness
Thoroughtness
Thoughtfulness
Timeliness
Tolerance
Traditionalism
Trustworthiness
Truth-seeking
Fast-Forward 10 Years

Imagine a day in your life 10 years from now. Where is it that you would hope to be? Use the following questions to consider what might this look like.

- When do you wake up?
- What and where is your home? Do you share it?
- Who do you spend time with?
- What are the environments of your home and work?
- What are your responsibilities at work?
- How do you use your resources?
- What do you prioritize in your purchasing decisions?
- How do you take care of yourself?
- Who is your support network?
- What holds you accountable?
Finally, synthesize the brainstorm above with your value statement to answer the following questions:

How do you see your values reflected in your preferences for your 10-year projection?

Create a new value statement describing the person you hope to be 10 years from now:
10-Year Goal

Consider the previous exercise, your current value statement, and your value statement for yourself 10 years from now. With both in mind, identify tangible goals to achieving your 10 year vision using the categories below.
<table>
<thead>
<tr>
<th><strong>Non-Professional Life</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Write your 10-year goal for this category.</strong></td>
</tr>
<tr>
<td><strong>Where would I need to be in five years to achieve my 10-year goal?</strong></td>
</tr>
<tr>
<td><strong>Where would I need to be in one year to achieve my 10-year goal?</strong></td>
</tr>
<tr>
<td><strong>Where would I need to be in three months to achieve my 10-year goal?</strong></td>
</tr>
<tr>
<td><strong>Health</strong></td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td><strong>Write your 10-year goal for this category.</strong></td>
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<td><strong>Where would I need to be in three months to achieve my 10-year goal?</strong></td>
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</tbody>
</table>
### Key Relationships

<table>
<thead>
<tr>
<th>Write your 10-year goal for this category.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Where would I need to be in five years to achieve my 10-year goal?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Where would I need to be in one year to achieve my 10-year goal?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Where would I need to be in three months to achieve my 10-year goal?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Professional Life</strong></td>
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</tr>
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</tr>
<tr>
<td><strong>Where would I need to be in 3 months to achieve my 10-year goal?</strong></td>
</tr>
<tr>
<td>Question</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------</td>
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<tr>
<td>Write your 10-year goal for this category.</td>
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<td>Where would I need to be in one year to achieve my 10-year goal?</td>
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<tr>
<td>Where would I need to be in three months to achieve my 10-year goal?</td>
</tr>
<tr>
<td>Social Impact</td>
</tr>
<tr>
<td>----------------</td>
</tr>
<tr>
<td>Write your 10-year goal for this category.</td>
</tr>
</tbody>
</table>

| Where would I need to be in five years to achieve my 10-year goal? |

| Where would I need to be in one year to achieve my 10-year goal? |

| Where would I need to be in 3 months to achieve my 10-year goal? |
This exercise is for your personal use, however, be ready to share some of your goals, the resources you may need, and your next steps with CCL Staff.

Write down your three-month goal for each of the categories:

<table>
<thead>
<tr>
<th>Category</th>
<th>Goal</th>
</tr>
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<tbody>
<tr>
<td>Non-Professional Life</td>
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What resources will you need in order to meet your three-month goals?

What are your next steps to put you on track to achieve your three-month goals?