



Center For Civic Leadership

Intentional Goal Setting

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Values Statement

The most effective goals are those that are rooted in our own values, so what are your 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:

Values Statement

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:


Values Word List

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



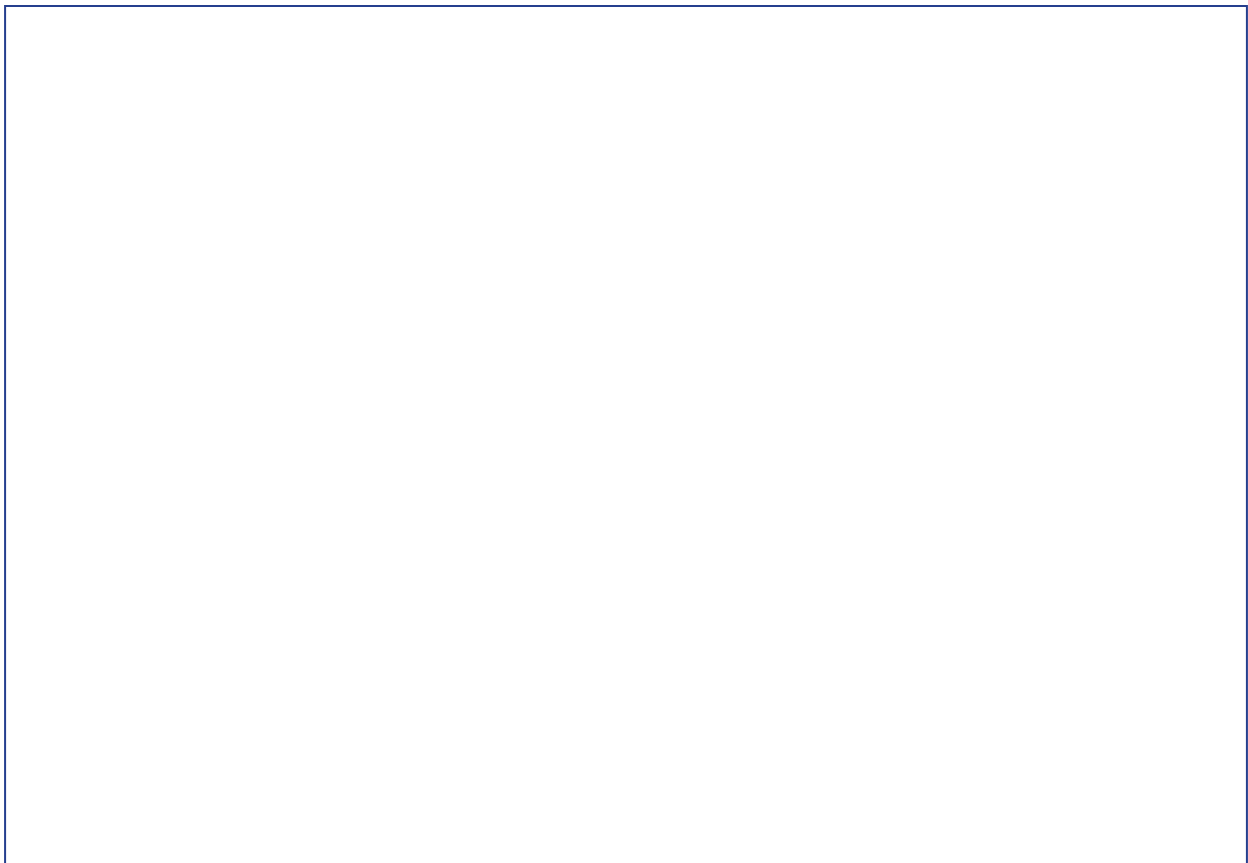
Fast-Forward 10 Years

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?



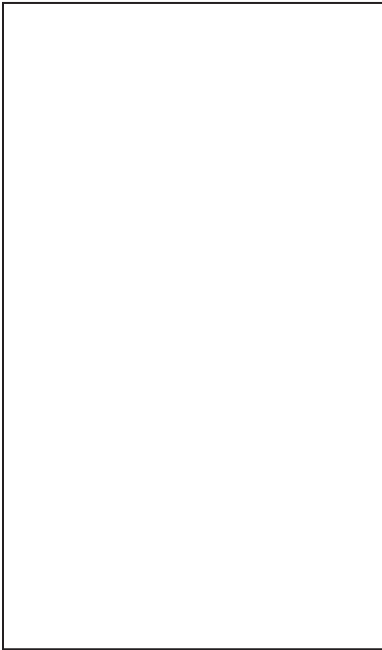
Create a new value statement describing the person you hope to be 10 years from now:



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.

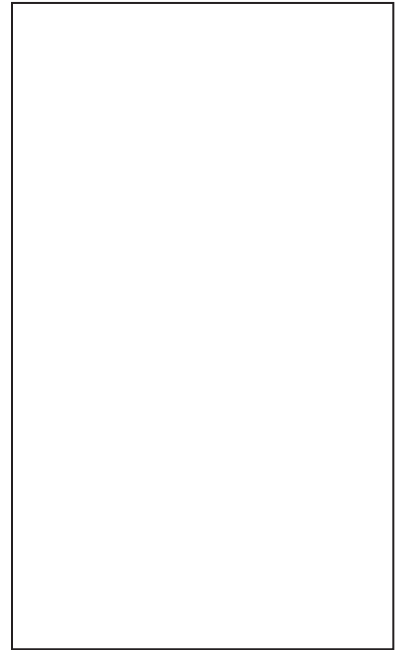
Non-Professional Life



Health



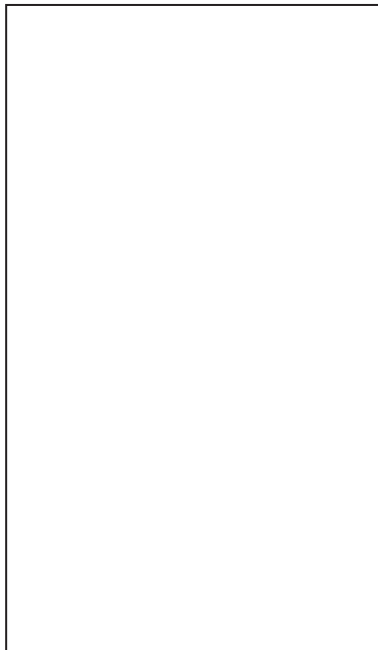
Key Relationships



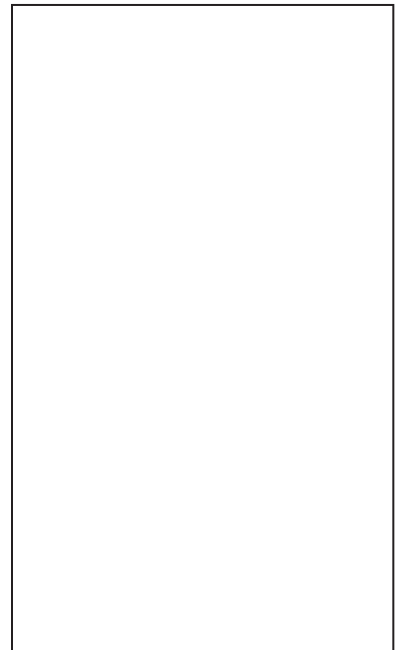
Professional Life



Finances



Social Impact



Non-Professional Life

<p>Write your 10-year goal for this category.</p>	
<p>Where would I need to be in five years to achieve my 10-year goal?</p>	
<p>Where would I need to be in one year to achieve my 10-year goal?</p>	
<p>Where would I need to be in three months to achieve my 10-year goal?</p>	

Health

<p>Write your 10-year goal for this category.</p>	
<p>Where would I need to be in five years to achieve my 10-year goal?</p>	
<p>Where would I need to be in one year to achieve my 10-year goal?</p>	
<p>Where would I need to be in three months to achieve my 10-year goal?</p>	

Key Relationships

<p>Write your 10-year goal for this category.</p>	
<p>Where would I need to be in five years to achieve my 10-year goal?</p>	
<p>Where would I need to be in one year to achieve my 10-year goal?</p>	
<p>Where would I need to be in three months to achieve my 10-year goal?</p>	

Professional Life

<p>Write your 10-year goal for this category.</p>	
<p>Where would I need to be in five years to achieve my 10-year goal?</p>	
<p>Where would I need to be in one year to achieve my 10-year goal?</p>	
<p>Where would I need to be in 3 months to achieve my 10-year goal?</p>	

Finances

<p>Write your 10-year goal for this category.</p>	
<p>Where would I need to be in five years to achieve my 10-year goal?</p>	
<p>Where would I need to be in one year to achieve my 10-year goal?</p>	
<p>Where would I need to be in three months to achieve my 10-year goal?</p>	

Social Impact

<p>Write your 10-year goal for this category.</p>	
<p>Where would I need to be in five years to achieve my 10-year goal?</p>	
<p>Where would I need to be in one year to achieve my 10-year goal?</p>	
<p>Where would I need to be in 3 months to achieve my 10-year goal?</p>	

Next Steps

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:

Non-Professional Life	
Health	
Key Relationships	
Professional Life	
Finances	
Social Impact	

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?