

Goals Worksheet

To *#MakeTodayMeaningful*, I want to head in the direction of the following **values**:

I am *willing* to feel the following **emotions**:

And *let go* of the following **thoughts**:

So that I can achieve the following **goal**:

The steps I will take are (daily or weekly goals, leading to long-term goal):

The strategies I will practice include:

- Connecting with Values
- Willingness
- Mindfulness
- Defusion
- Meaningful problem-solving