

## Personal Goals and Values Exercise

This exercise will help you to identify the SMART goals and personal values relevant to overcoming your problems and developing a balanced and healthy perspective for the future.

### SMART Goals

Identifying SMART goals is an essential part of good Cognitive Behavioural Therapy. SMART goals help to maintain focus, determine the most relevant therapeutic techniques and measure progress throughout the CBT process.

SMART goals are Specific, Measurable, Adaptive, Rewarding and Time-Bound.

#### Short-Term 1-4 Weeks:

Specific	Measurable	Adaptive	Rewarding	Time-Bound
What will I do in concrete terms?	How will I objectively measure my progress?	How will this address the underlying problem?	What are the pluses and personal gains?	When / how frequently will I do this?

#### Medium-Term 2-6 Months:

Specific	Measurable	Adaptive	Rewarding	Time-Bound
What will I do in concrete terms?	How will I objectively measure my progress?	How will this address the underlying problem?	What are the pluses and personal gains?	When / how frequently will I do this?

#### Longer-Term 7 Months Plus:

Specific	Measurable	Adaptive	Rewarding	Time-Bound
What will I do in concrete terms?	How will I objectively measure my progress?	How will this address the underlying problem?	What are the pluses and personal gains?	When / how frequently will I do this?

## Personal Values

Values provide a basis for guiding the way we act to overcome problems and achieve our goals. Use this section to assess the relative importance of your values and decide which six values will be the most important in focusing on what you want to change in your life. Use the checkboxes to indicate the relative importance of each value. There are no right or wrong answers.

Value & Description	H – Highly Important	M – Moderately Important	L – Less Important
<b>Accepting:</b> Open to and accepting of my own value and the value of other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Affectionate:</b> Displaying and expressing love or strong feelings for others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Aspiring:</b> Actively seeking opportunities and striving for success.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Assertive:</b> Respectfully standing up for my rights and balancing my needs with the needs of others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Authentic:</b> Being genuine, honest and true to myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Caring:</b> Helpful and considerate to myself and others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Challenging:</b> Stretching and continuously learning how to improve myself and encourage change in.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Compassionate:</b> Recognising and acting to alleviate suffering for myself and others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Conforming:</b> Respectful and obedient of helpful rules and obligations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cooperating:</b> Working collaboratively and harmoniously with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Courageous:</b> Brave and persistent in the face of fear, threat or difficulty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Creative:</b> Imaginative, resourceful and innovative.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Curious:</b> Open-minded, exploratory and interested in new and alternative approaches.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Emotionally aware:</b> Open to and receptive to my own feelings and the feelings of others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Encouraging:</b> Promoting and rewarding behaviour that I value in myself and others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Equality:</b> Treating others fairly, consistently and equally.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Fairness:</b> Just, rational and reasonable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Fitness:</b> Maintaining or improving my physical, psychological and emotional wellbeing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Flexible:</b> Adjusting and adapting readily to changing circumstances.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Forgiving:</b> Coming to terms with or letting go of negative feelings towards myself and others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Friendliness:</b> Friendly and companionable towards others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Generosity:</b> Sharing and offering time, attention and resources to myself and others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Gratitude:</b> Appreciative and valuing of the things that I have in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Honesty:</b> Truthful and sincere with myself and others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Humility:</b> Modest about my contributions whilst allowing my achievements to speak for themselves.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>Humour:</b> Seeking out and engaging in the humorous side of life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Independent:</b> Self-directive, contained and able to support myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Industrious:</b> Hard-working and productive with my time and resources.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Open-minded:</b> Approaching issues from an objective position, listening to other points of view.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Orderly:</b> Properly prepared and organized in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Patient:</b> Waiting calmly and in line for what I want or need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Respectful:</b> Polite, considerate and showing positive regard to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Responsible:</b> Taking responsibility and ownership of my thoughts, actions and emotions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Safe:</b> Acting in a secure, protective and stable manner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Self-aware:</b> Aware of my own thoughts, feelings and actions, considering how I come across to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Self-disciplined:</b> Acting according to my goals and values, rather than my vulnerabilities or mood.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Tenacious:</b> Persisting despite problems and difficulties and without giving up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Tolerant:</b> Coming to terms with, acknowledging and respecting things that clash with my own opinions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Trusted:</b> Discrete, loyal, faithful, sincere and reliable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Now choose the six most important values which will be instrumental in the achievement of your goals. Insert these into the following table:

Priority	Personal Value
1.	
2.	
3.	
4.	
5.	
6.	