



# Values Based Goal Setting

God has placed very unique values, gifts, and talents in each and every one of us. When we live in alignment with our values things feel right we feel at peace and we are productive, motivated and inspired to be our best.

When it comes to our health and our weight, we should strive wherever possible to live from our values and not from our fears, our 'should-based' motives or other people's expectations of us. When you can align your health with your values, being health is not work, effort or something to dread, in time, it will become a natural extension of who you are as a woman of God.

The first step is to have a good understanding of what your core values are. From the list below, circle 10 of these values that most reflect you.

## Step 1 – Circle 14 from the list below.

- |               |               |                |
|---------------|---------------|----------------|
| Abundance     | Fun           | Recognition    |
| Achievement   | Goodwill      | Prosperity     |
| Adventure     | Gratitude     | Punctuality    |
| Ambition      | harmony       | Reliability    |
| Beauty        | Honesty       | Respect        |
| Calm          | Honor         | Reputation     |
| Challenge     | Humility      | Responsiveness |
| Charity       | Independence  | Safety         |
| Cleanliness   | Individuality | Security       |
| Community     | Integrity     | Serenity       |
| Communication | Intensity     | Service        |
| Connection    | Joy           | Simplicity     |
| Cooperation   | Justice       | Sophistication |
| Creativity    | Kindness      | Speed          |
| Daring        | Knowledge     | Spirituality   |
| Decisiveness  | Leadership    | Stability      |
| Democracy     | Love          | Status         |
| Discovery     | Loyalty       | Strength       |
| Diversity     | Magnificence  | Success        |
| Efficiency    | Meaning       | Teamwork       |
| Equality      | Money         | Timeliness     |
| Excellence    | Openness      | Tolerance      |
| Enjoyment     | Order         | Tradition      |
| Excitement    | Patriotism    | Tranquility    |
| Fairness      | Peace         | Truth          |
| Faith         | Pleasure      | Trust          |
| Family        | Power         | Unity          |
| Flair         | Practicality  | Variety        |
| Freedom       | Privacy       | Wealth         |
| Friendship    | Progress      | Wisdom         |

Other

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Step #2 - Narrow down your 14 to just 5. Write your final 5 values.

*Value #1:* \_\_\_\_\_

*Value #2:* \_\_\_\_\_

*Value #3:* \_\_\_\_\_

*Value #4:* \_\_\_\_\_

*Value #5:* \_\_\_\_\_

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Step #3 – Answers the following questions about each value so it takes root.

*Value #1:* \_\_\_\_\_

How do you define this value? Use a quote, affirmation, scripture, dictionary meaning, or related words from a thesaurus.

How is this value currently being met in your life, and health?

How can this value be incorporated into living a healthy lifestyle?

How can good health help you to fulfill this value?

*Value #2.* \_\_\_\_\_

How do you define this value? Use a quote, affirmation, scripture, dictionary meaning, or related words from a thesaurus.

How is this value currently being met in your life, and health?

How can this value be incorporated into living a healthy lifestyle?

How can good health help you to fulfill this value?

*Value #3:* \_\_\_\_\_

How do you define this value? Use a quote, affirmation, scripture, dictionary meaning, or related words from a thesaurus.

How is this value currently being met in your life, and health?

How can this value be incorporated into living a healthy lifestyle?

How can good health help you to fulfill this value?

*Value #4:* \_\_\_\_\_

How do you define this value? Use a quote, affirmation, scripture, dictionary meaning, or related words from a thesaurus.

How is this value currently being met in your life, and health?

How can this value be incorporated into living a healthy lifestyle?

How can good health help you to fulfill this value?

*Value #5:* \_\_\_\_\_

How do you define this value? Use a quote, affirmation, scripture, dictionary meaning, or related words from a thesaurus.

How is this value currently being met in your life, and health?

How can this value be incorporated into living a healthy lifestyle?

How can good health help you to fulfill this value?