



This worksheet will help you make sure your goals are in alignment with your values and help you meet your real needs.

Mohandas Gandhi, one of the first to use peaceful protest, said:

Happiness is when what you think, what you say, and what you do are in harmony.

When your goals are consistent with what you really want in life, with your life's purpose, mission and values, then you will be in harmony. Working on your goal will bring positive feelings, even if there are big challenges and set-backs.

*You will not only do things right,
you will do the right things.*

➤ **Start by writing the goal as you first think about it.**

1) What human needs will this goal help me meet?

Go through the checklist of basic human needs and check all that apply to you and this goal.

2) How will meeting this goal impact others?

Will this goal help others meet their basic human needs? Will it help others, or hurt them? Will something change for others in the process of meeting this goal or when the goal is met?

3) How will this goal help me grow or improve?

Goals that challenge us tend to motivate more than goals that are easy.

4) How will this goal expand me, my community, and the world?

Positive emotions are expansive. They create opportunities, or grow skills or understanding. Goals that expand us are uplifting and happy, while goals that constrain us or others can drain us.

5) How can I use my strengths and special talents to achieve this goal?

When we accomplish things using our strengths, those things we are good at and enjoy doing, we contribute our unique talents. This not only feels good, but improves our chances of success.

6) How does this goal help me achieve my life's mission, purpose, or values?

In other words, does this goal help you do the right things so what you do, think and say are naturally in harmony?

7) What is attractive to me about this goal?

All analysis aside, is there something about this goal that really draws you in or resonates emotionally? If there is, be sure to acknowledge it, whether you see it as noble or not. It is a clue to your inner passion and motivation.

You may want to go through the process a few times, adjusting your goal each time until it feels right and is in harmony with who you are and want to become.



What is the Goal?		
1	What Basic Human Needs Will this Goal Help Me Meet?	
	Feel loved	Feel in control
	Feel sexy attractive	Demonstrate bravery
	Financial Security	Enjoy or create humor
	Feel safe and secure	Teach or empower someone else
	Improve things	Feel trusted
	Support/help others	Understand something
	Create something new	Be wiser, more intelligent
	Excitement/Adventure	Have integrity, act on principals
	Make things fair or just	Be a leader
	Feel pampered or cared for	Be at peace, unafraid
	Feel fit and healthy	Be a leader/ influence others
	Be flexible or adaptable	Create beauty
	Sense of Belonging	Feel respected
	Feel special, unique	Independent/self sufficient
	Be productive-make a contribution	Spiritual/ connected to god
	Sense of Accomplishment-Worth	Empowered to meet own interests
2) How will meeting this goal impact others?		
3) How will this goal help me grow or improve?		
4) How will it expand me, the world, my community?		
5) How can I use my strengths?		
6) How does it support my life's purpose?		
7) What attracts me to this goal?		