



## Pillar C1

# Find creative ways of fulfilling your valued goals

## Values

### What are Values?

Your personal code of values is what's important to you; not something that you want or would like to have, but something you literally need in your life to be happy. A value is a principle or quality intrinsically valuable or desirable to you. Values are personal. They are your convictions, your beliefs and your ethics rolled into one. Your personal code of values may be identical to your family's values. Or they may be dramatically different.

### The Importance of Values

Living in agreement with one's values is fulfilling. Living in conflict with one's values is stressful and dissatisfying. That's why it is so important to clearly understand your own personal code of values; your happiness depends on upon not only knowing your values but living in accordance with them.

### Be Stress Free

Stress does not result from hard work, long hours, or multiple roles in life. Stress results from values conflict. When put in a situation where you are unable to honour a value, you will feel stressed out. No amount of relaxation, meditation or exercise will eliminate the stress until the values conflict is resolved.

### The Right Values

It's important that we separate what society, culture, and family values from our individual sets of values. Values are not about right and wrong as a broad cultural construct, but about what's right and wrong for you as an individual, given who you are and what you want in your life. What you truly value is by definition – right for you. What you value may not be right for those close to you in and may be a source of disagreement and dissatisfaction if others attempt to enforce their code of values on you.

## Your Values Score Sheet

|                        |   |   |   |   |   |   |   |   |   |    |
|------------------------|---|---|---|---|---|---|---|---|---|----|
| Achievement            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Benevolence            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Caring                 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Community              | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Conformity             | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Connection             | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Education              | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Environment            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Exploration            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Fairness               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Family                 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Freedom                | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Friends                | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Hedonism               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Independence           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Influence              | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Insight                | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Integrity              | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Intimate Relationships | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Money                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Parenting              | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Self-care              | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Power                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Prestige               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|                    |   |   |   |   |   |   |   |   |   |    |
|--------------------|---|---|---|---|---|---|---|---|---|----|
| Recognition        | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Recreation         | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Security           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Self-direction     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Self-expression    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Service to society | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Simplicity         | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Spirituality       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Stimulation        | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Tradition          | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Well-being         | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Work               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

## YOUR VALUES

*What really matters to you, deep in your heart?*

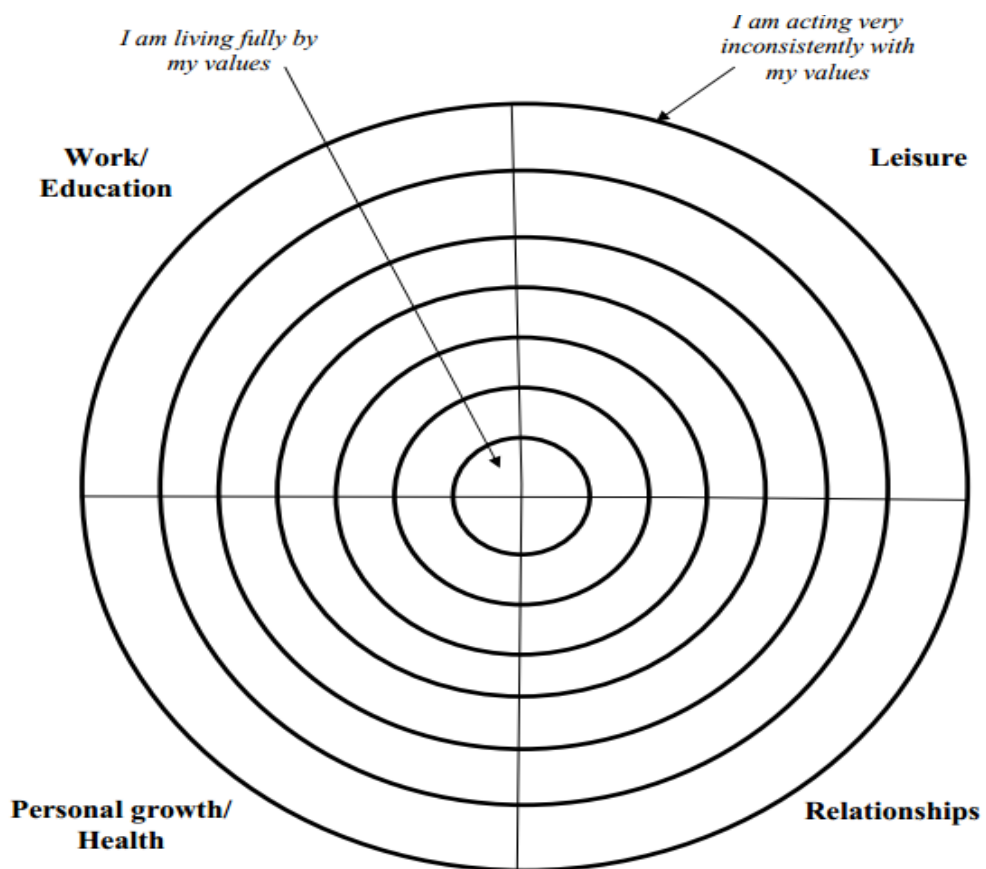
*What do you want to do with your time on this planet?*

*What sort of person do you want to be?*

*What personal strengths or qualities did you want to develop?*

1. **Work/Education:** includes workplace, career, education, skills development, etc.
2. **Relationships:** includes your partner, children, parents, relatives, friends, co-workers, and other social contacts.
3. **Personal Growth/Health:** may include religion, spirituality, creativity, life skills, meditation, yoga, nature; exercise, nutrition, and/or addressing health risk factors like smoking alcohol, drugs or overeating etc.
4. **Leisure:** how you play, relax, stimulate, or enjoy yourself; activities for rest, recreation, fun and creativity.

**THE BULL'S EYE:** make an X in each area of the dart board, to represent where you stand today.



### VALUE COMMITTED ACTION

|  |   |   |
|--|---|---|
| My Values:                                   |   |   |
| My top 3 Values<br>(write your values below) | What have I done in line with these values in the past couple of weeks? (describe activity) | How did I feel whilst engaging in this value driven behaviour (emotionally and physically). |

|                            |   |  |
|----------------------------|---|--|
|                            |   | What impact did this action have?  |
| Value:                     |   |  |
| Value:                     |   |  |
| Value:                     |   |  |
| What does this tell me?    |   |  |
| Taking values forwards ... | What action can I commit to doing in line with this value in the coming week? | What action can I work towards in line with this value in the longer term? |
| Value:                     |   |  |

|        |  |  |
|--------|--|--|
| Value: |  |  |
| Value  |  |  |

## GOAL SETTING

### WHY IS IT IMPORTANT TO SET GOALS?

- Helps you to organise and structure your time
- Helps you to take control of your life and your pain
- Gives you a challenge
- Helps you to feel a sense of achievement, pride and satisfaction.

### PREPARING

Your goal needs to be meaningful to you at this time of your life. It is not what someone else thinks will be good for you!

It will always involve a behavioural change and will need some planning to be achieved. Before taking on a major goal, research it thoroughly. This will help you to be realistic about the steps involved and the time it may take.

Working towards a goal involves changing habits and frequently different thought processes. It can take an average of 66 days to establish a new habit so bear this in mind when you perhaps feel disheartened or frustrated with your progress.

Part of the planning process will involve allowing for setbacks, working out what may get in the way and what your response to this will be.

### USING SMART TO SET YOUR GOAL

- S** Specific: do you know exactly what the goal is?  
**M** Measurable: how will you know when you've got there?  
**A** Achievable: can the task actually be carried out?  
**R** Realistic & Relevant: what can you do now? Is it important?  
**T** Timely: how long will it take to achieve the goal?

Write your goal down and tell others about it. Choose those who will support your plans and help when you have setbacks.

When setbacks arise you may need to adapt, modify or problem solve the steps you broke your goal down into. Do not be afraid to ask others for help with this or do some online investigation to find possible solutions.

Remember, your goal should make you feel excited and motivated; you need to feel strongly about it. Use online goal setting charts, reminders on your phone to prompt you to take the necessary steps or handwritten notes to encourage and remind you what you need to do each day.



## WHAT MAKES A GOAL SMART?

A poor goal would be one that is vague, focussing on the end rather than describing the steps that are necessary to make that goal achievable.

Poor goal: I want to get fitter and lose weight.

SMART goal:

### Creating a SMART action plan

- **SMART Goal**
- I would like to be able to use the internet to help look for jobs within 2 months.
- **What can I do now?:** I have a computer and internet access but do not know how to use the internet.
- **Date to be achieved by:** 2 months

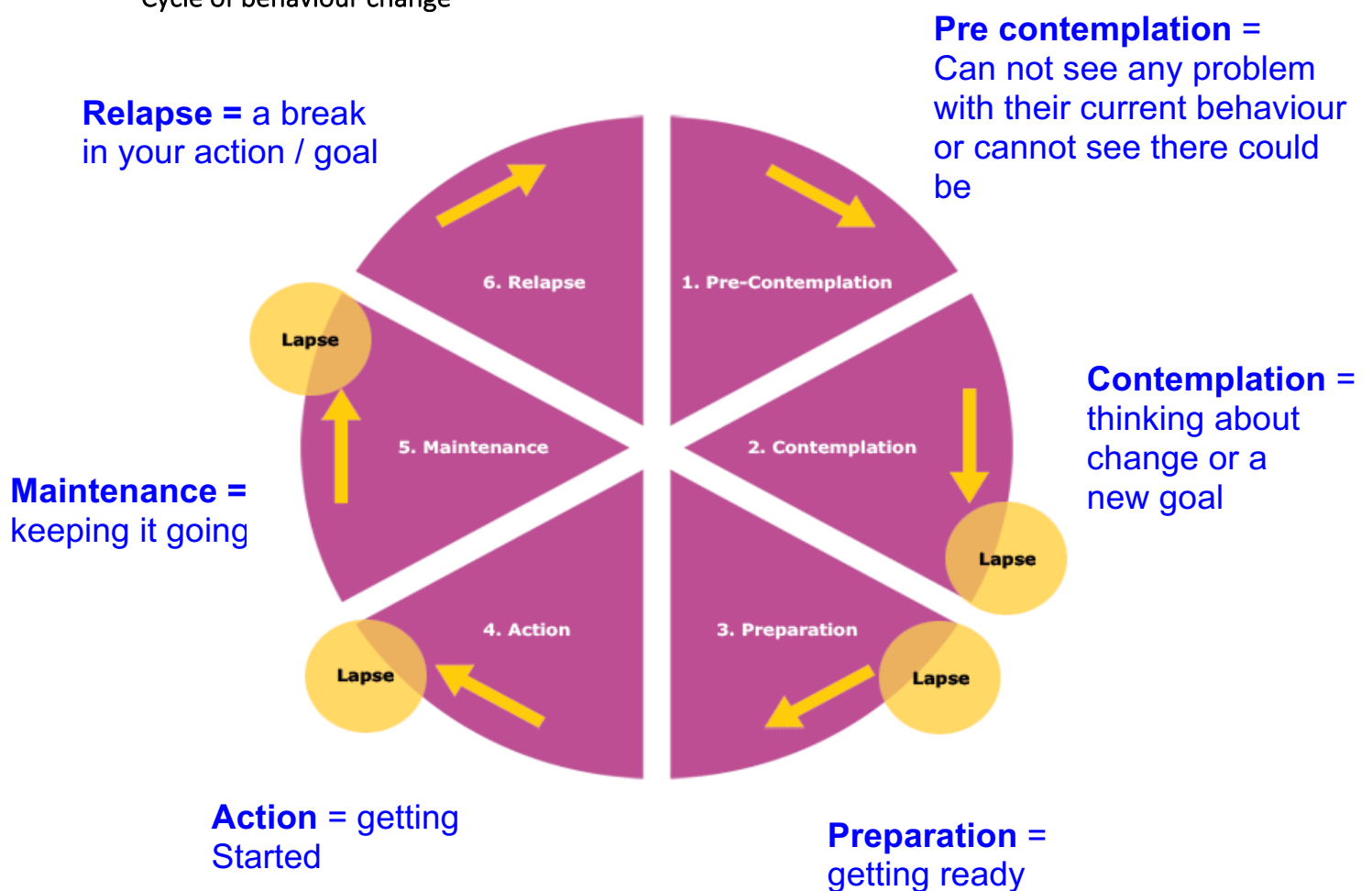
|   |  |                   |
|---|--|-------------------|
| SMART Goal  | I would like to be able to use the internet to help look for jobs within 2 months. |                   |
| What can I do now?  | I have a computer and internet access but do not know how to use the internet.     |                   |
| Date to be reviewed by  | 2 months   |                   |
| What needs to be done to achieve this goal?   |  |                   |
| Task  |  | Aim to be done by |
| Decide I will learn to use the internet by doing a course and asking my family and using self help books. |  | Today             |
| Find out about local courses  |  | This week.        |
| Register on course  |  | Within 2 weeks.   |
| Review my plan (When does the course start? Is it free or how much will it cost me?)                      |  | Within 2 weeks.   |

|  |               |
|--|---------------|
| Attend the course and continue with practice at home. Continue asking family for help. Have started using the internet for basic searches. | Up to 6 weeks |
| Be searching for job on line   | 8 weeks       |
| Review plan and consider adding more specific goals.   | 2 months      |

## CYCLE OF CHANGE

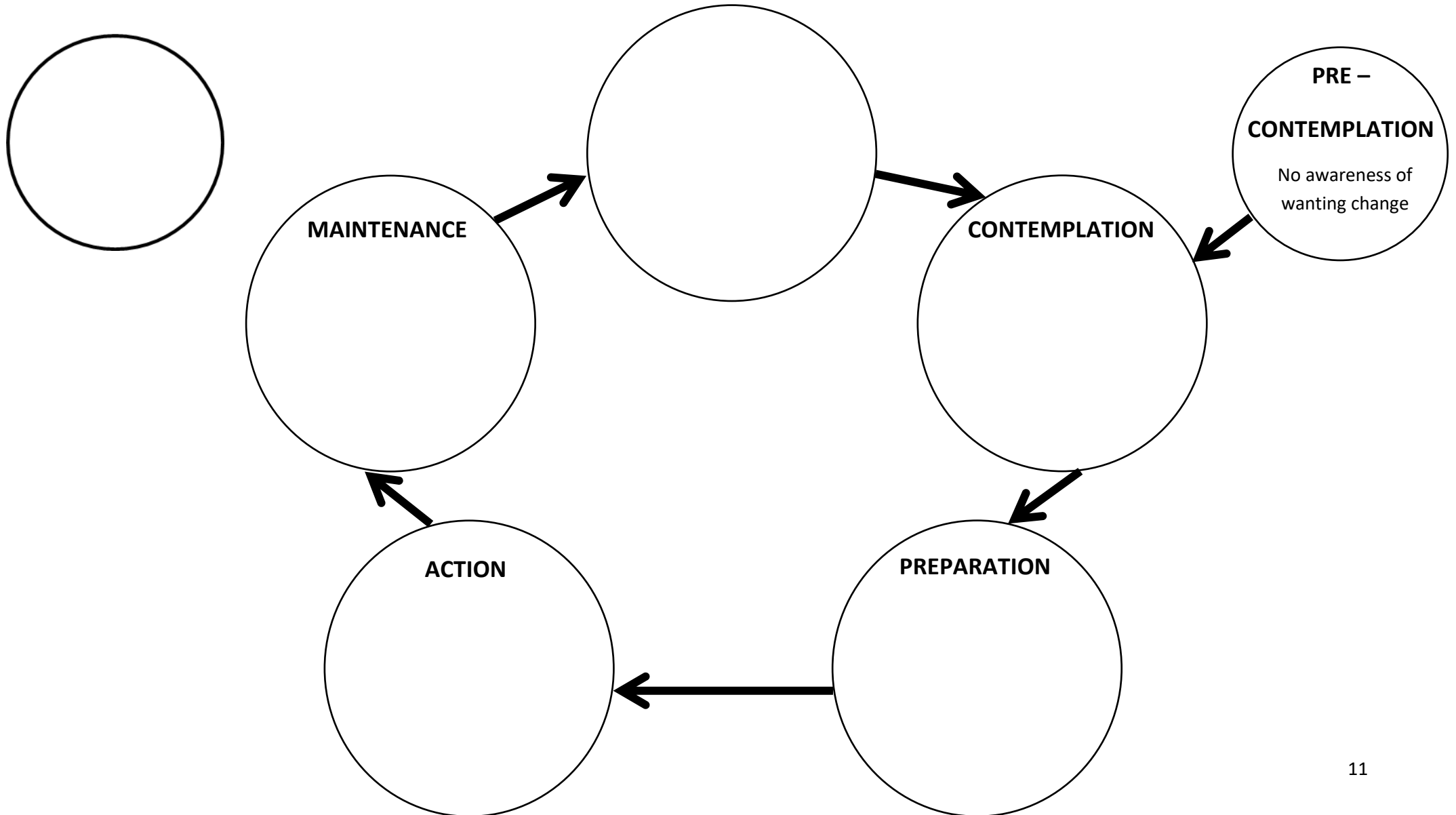
Before embarking on a goal, it may be useful to consider the cycle of behaviour change.

Cycle of behaviour change



There is a possibility of relapse at each stage of change and this is normal human behaviour.

## STAGES OF CHANGE



## ACHIEVING YOUR GOAL

Is the goal flexible enough and what can get in the way?

- Impaired health, eg acute sickness
- Unforeseen factors, eg bad weather
- Too many other things going on, leaving little time to focus on the goal
- More planning required
- Not being fully aware of what needs to be done or why
- Not really something you want to do
- High expectations
- Leaving it all to the last minute.

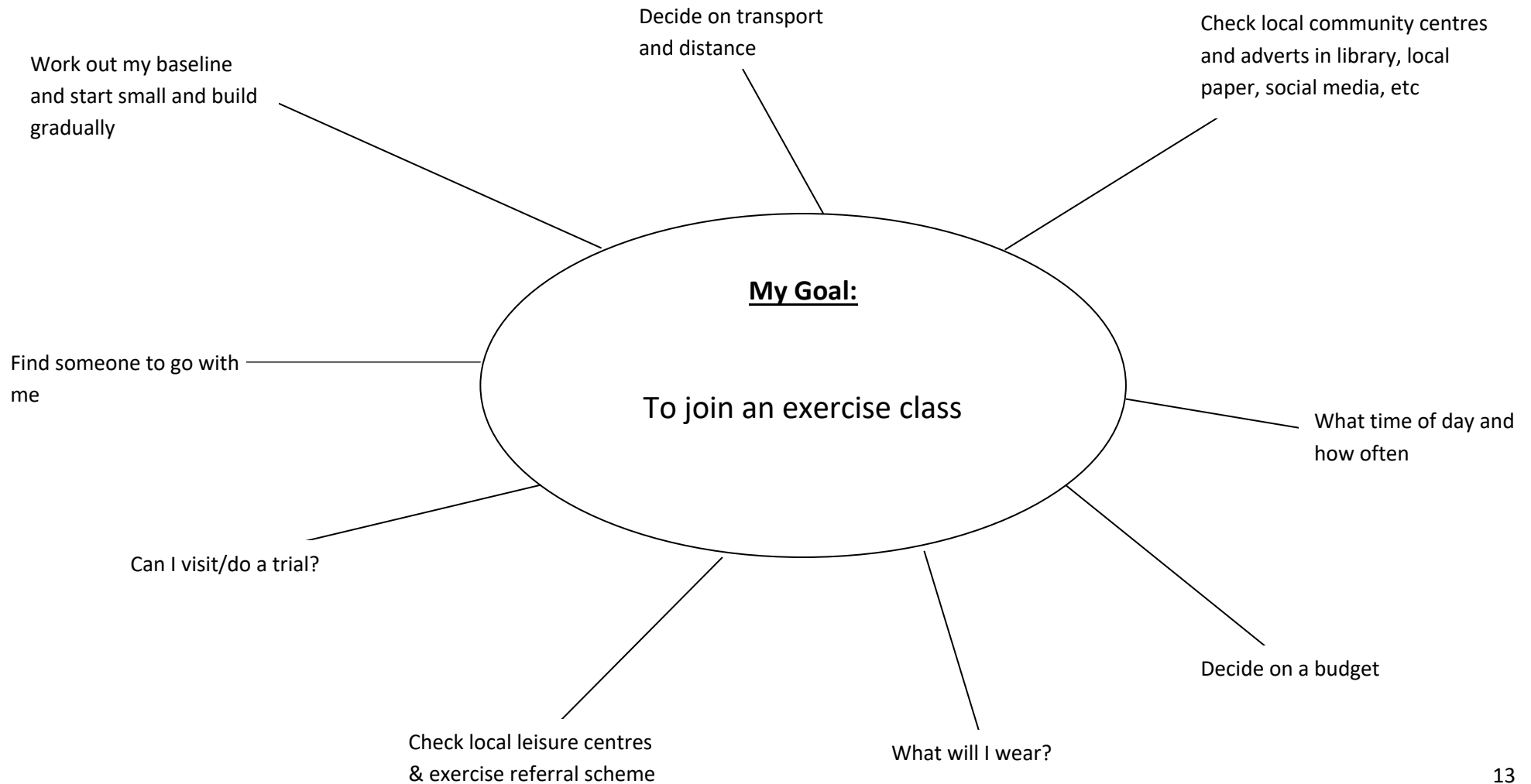
## NEARLY THERE ...

Every situation is different, even though we feel we may have come across it before.

Use difficulties as an opportunity to reflect and re-evaluate your goals.

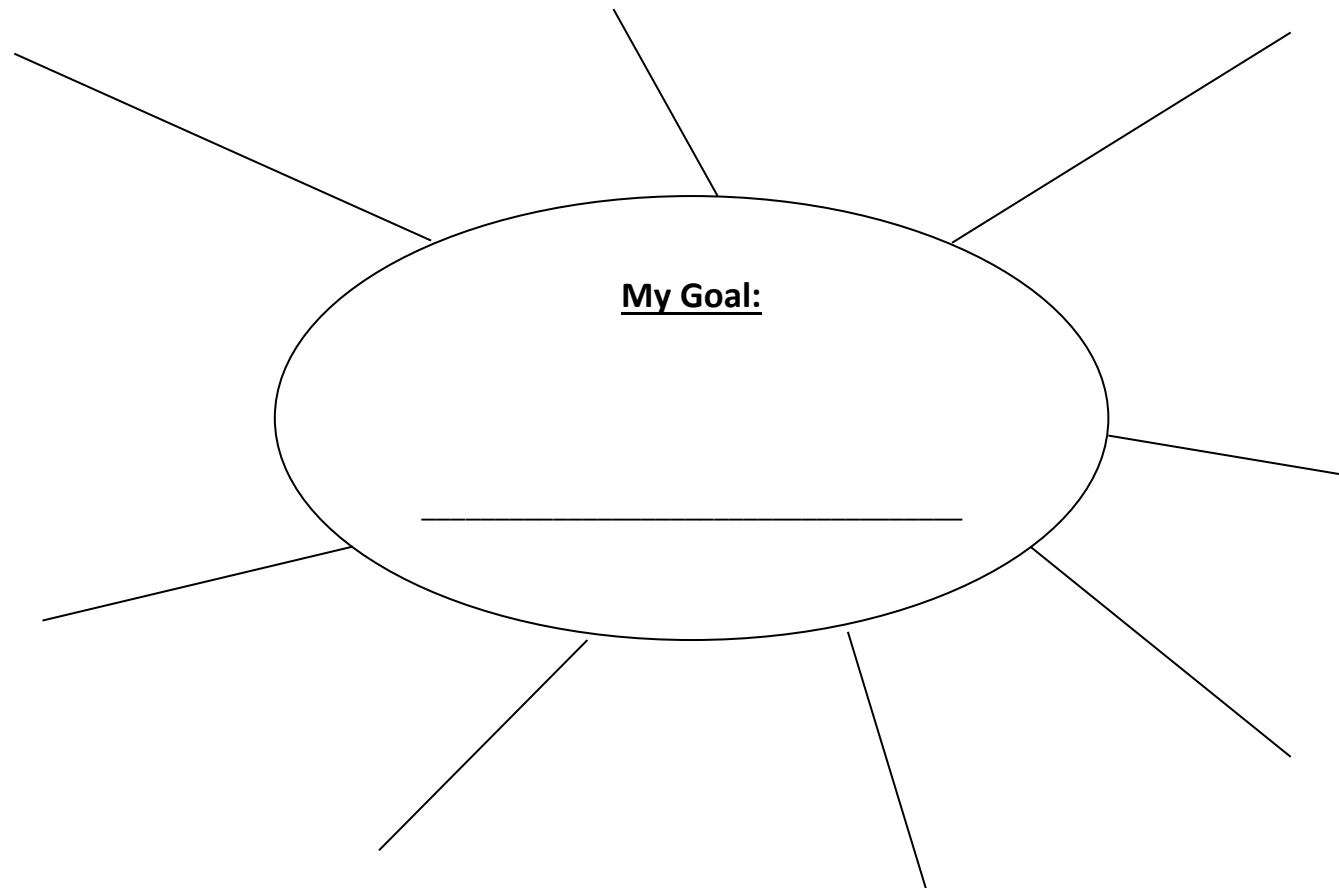
View difficulties as part of the learning process, not as a failure but a step in the right direction.

## Example spider diagram for goal setting



## SPIDER DIAGRAM

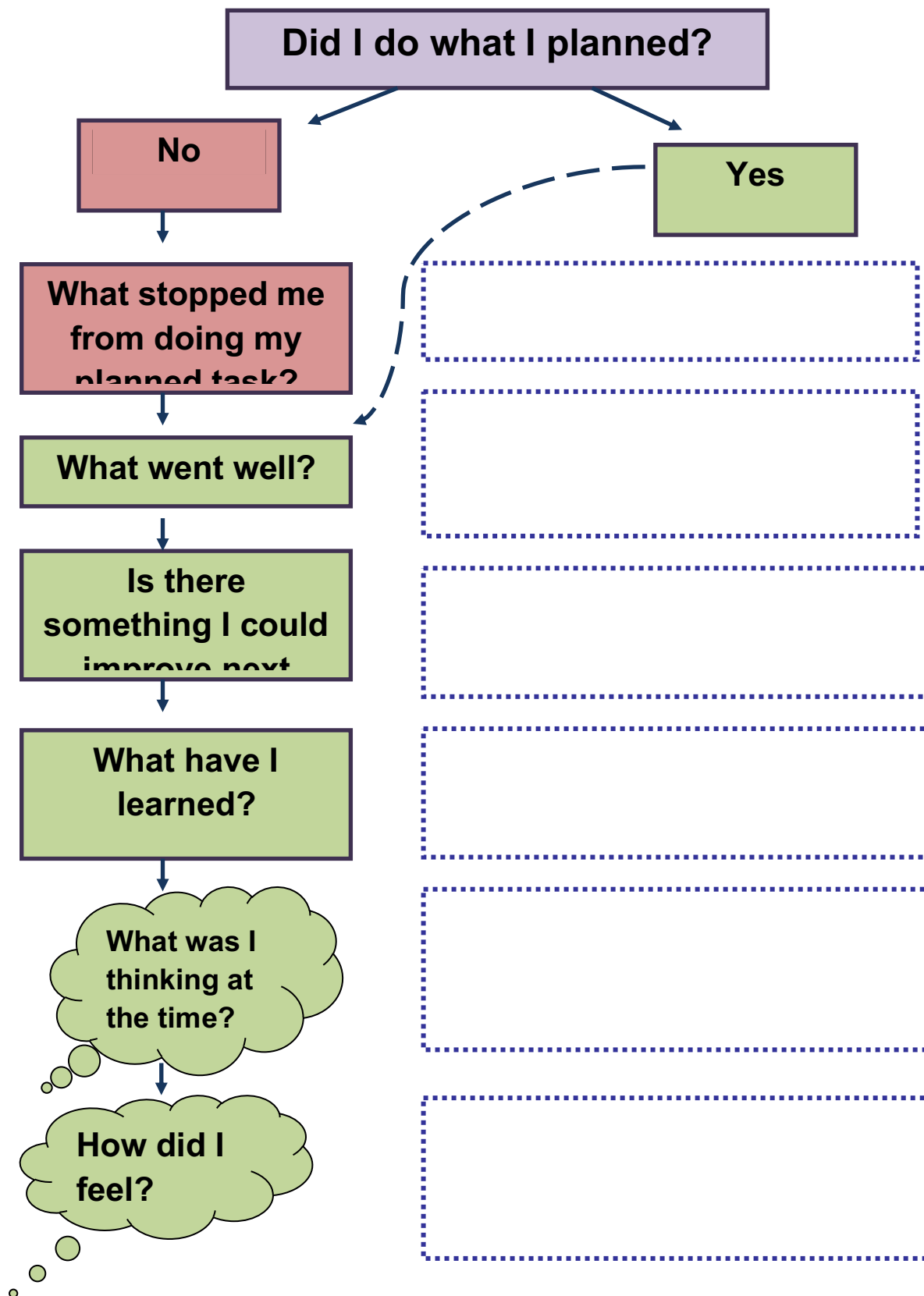
Use this spider diagram to help you brainstorm the problems/actions that you need to consider to help you work towards your goal:



## SMART Goal Action Plan

| <b>My SMART Goal</b> (e.g. see a film at the cinema in 3 months)                                      |      |                   |
|---|------|-------------------|
| <b>Where am I now?</b> (What can I do currently?)   |      |                   |
| <b>Main steps</b> (e.g. ↑sitting tolerance, practice posture change in other social situations, etc.) |      |                   |
| <b>Date to review by:</b>   |      |                   |
| <b>Action plan</b>  |      |                   |
| Step  | Task | Aim to be done by |
| 1   |      |                   |
| 2   |      |                   |
| 3   |      |                   |
| 4   |      |                   |
| 5   |      |                   |
| 6   |      |                   |
| 7   |      |                   |
| 8   |      |                   |

## Reviewing and evaluating your goal





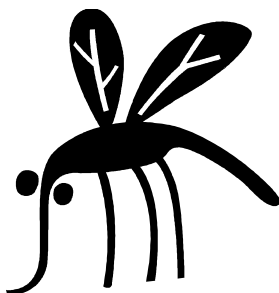
### SMART STEPS in summary

- Pacing principles take trial and error
- Break large tasks down into bite-size pieces
- Work out your baselines and stick to them
- Set **SMART** goals to help you achieve your plans
- Review your progress every week
- Keep a record so you can look back at how far you have come
- Do what you have planned, not what you feel like
- Don't feel disheartened if things don't work first time... learn from the experience

### FINALLY

- Giving yourself a reward for reaching specific milestones will motivate you to work through challenging tasks.
- Stay committed by using visualisation techniques to imagine how your life will look once you've achieved your goal.

### SMALL THINGS MAKE THE DIFFERENCE



If you think that small things don't  
make a difference –

Try sleeping with a mosquito!