

# JOURNAL:

*What are the 3 biggest "10X" performance goals you want to achieve in the next 10 years?*

*How do these goals make you feel when you think about them?*

*What do you feel are the benefits of goal setting?*

*What are the potential costs of goal setting?*



# EXERCISE: VALUES BASED GOALS

The traditions in which secular mindfulness has been extracted all have frameworks and maps, precepts and vows. These structures have been used for centuries to keep practitioners on the path. The following worksheet is an opportunity to make your own map and vows based on your personal “values” to guide you along your journey.

Core values are that which are most important to you –they’re what you’re willing to take a stand for. They are your fundamental beliefs, guiding principles, and the foundations that give meaning to your life and work goals. Values are not right or wrong and they aren’t something you need to cultivate; they’re already inside of you. Values can range from the commonplace, such as diligence and punctuality, to the more psychological, such as spaciousness, connection, fairness, and harmony. There is a long list of potential values that could feel right to you, but some of them are so primary that throughout all the changes and phases of your life, these core values abide.

The purpose of this exercise is to clarify your core values and set goals and intentions that best align with them. This process will guarantee that your goals and intentions will be intrinsically motivated. Selecting values from a list can lead to fantasizing or over intellectualizing the process. There’s no need to vote on the most desirable or socially acceptable values or the ones you feel “should” choose. The process is to answer the questions below as authentically as possible, extract your values and set intentions accordingly.

*Although some values can change as we pass through different life stages, other values stay consistent. What is still important to you now that you also valued in your past?*

*Think of a person who you respect or admire. What do you imagine their most important values might be? Which of these values do you share?*

*We often share many values with close friends, family and communities. What do you value that is different or unique from the others around you?*

*Think of behaviors that you disapprove of, or dislike from others. What values do you hold that might be the opposites of what you judge?*



1. Looking at what you've written in the boxes above, come up with 3 "core values" and write them in the boxes below.
2. Write 1 goal/intention that aligns with each of your 3 core values.
3. Write 1 specific action that will move you toward each of your values-based goals.
4. Write 1 thing you need to STOP doing to honor each of these values.

## Core Value

## Integration Plan - Intention Setting

- 1.
- 2.
- 3.

- 1.
- 2.
- 3.

- 1.
- 2.
- 3.



# JOURNAL:

*How much will you meditate this week?*

*What will it take for you to make this happen?*

*What obstacles might stop you and how will you handle them?*

*What other goals or intentions do you have for your mindfulness practice?*

