



# Values & Ideals

With this worksheet, the goal is to:

1. Think of your ideal scenario for each area of life.
2. Break them down into values, which you'll use to set goals.

This is where the real fun begins:

With each area, write down your perfect dream situation for that part of your life, in vivid detail. Think about how you picture your perfect life, and describe it as best you can.

NOTE: If you need some inspiration, feel free to look back at the examples in the Values & Ideals video. It might also help to look back at your Life Score worksheet.

Once you written out your ideal scenario, you'll make them as concise as possible for your values. One or two words per value is best to prepare for setting goals in the next step.

A simple framework for figuring out what to put for your value is:

"I value \_\_\_\_\_", or "I value being \_\_\_\_\_".

Examples: "I value learning" or "I value being flexible."



## Health & Fitness

**Ideals:** What's your dream scenario for this area of your life?

**Values**

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## Mind & Wellness

**Ideals:** What's your dream scenario for this area of your life?

**Values**

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## Love & Relationships

**Ideals:** What's your dream scenario for this area of your life?

**Values**

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## Social & Community

**Ideals:** What's your dream scenario for this area of your life?

**Values**

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## Purpose & Faith

**Ideals:** What's your dream scenario for this area of your life?

**Values**

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## Growth & Learning

**Ideals:** What's your dream scenario for this area of your life?

**Values**

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## Productivity & Habits

**Ideals:** What's your dream scenario for this area of your life?

**Values**

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## Career & Business

**Ideals:** What's your dream scenario for this area of your life?

**Values**

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## Money & Lifestyle

**Ideals:** What's your dream scenario for this area of your life?

**Values**

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## Hobbies & Recreation

**Ideals:** What's your dream scenario for this area of your life?

**Values**

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Now that you've thought through your ideals and values for each area of your life, you're ready for goal setting!

The next lesson is all about setting clear goals based on the values you just defined, and deciding how you want to track them.

See you in the PATH lesson,

*Kyle Richey*