



KindCompassCoach

**Your
Values-Based
Goal-Setting
Workbook**

Kindness-Compassion-and-Coaching.com



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Dear Readers,

Welcome to a workbook that invites you to set goals differently—gently, intentionally, and in alignment with your deepest values.

Values based goal-setting is about anchoring your intentions in what truly matters to you. Instead of chasing outcomes that feel externally imposed or disconnected from your emotional truth, this approach helps you listen inward and move forward with clarity, compassion, and purpose. It's not just about what you want to achieve—it's about why it matters, how it feels, and whether it honors your energy, capacity, and lived experience.

In these pages, you'll find a reimagined version of traditional SMART goals. We'll still explore structure and strategy—but through a lens of emotional safety and authenticity. You'll be encouraged to define success on your own terms, to notice resistance with curiosity rather than judgment, and to create goals that support healing, growth, and sustainable momentum.

This process may feel softer than what you're used to. That's intentional. Because here, we believe that how the journey feels is just as important as where it leads.

Sincerely,

Joan Senio

Founder and Coach, [Kindness-Compassion-andCoaching.com](https://Kindness-Compassion-and-Coaching.com)

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1. DISCOVER YOUR CORE VALUES

Circle or highlight 3–5 values that feel most important to you right now.

Examples: authenticity creativity, rest, connection, autonomy, growth, stability, compassion, impact, emotional safety

Reflection: What do these values mean to you in your current season of life?

2. EMOTIONAL LANDSCAPE CHECK-IN

How are you feeling emotionally right now? What do you need more of (or less of) to feel supported?

Reflection: Write a few words or phrases that describe your emotional needs this week.



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3. ALIGN YOUR GOALS WITH YOUR VALUES

Choose one value and create a goal that honors it: Use this adapted SMART format:

S: What value is this goal honoring?

M: How will you know it's supporting your emotional needs?

A: Is this realistic for your current energy level?

R: Does this reflect your personal priorities?

T: What timeline feels supportive—not pressured?

Goal Planning: Write your emotionally aligned goal here.

4. REALIGNMENT & FLEXIBILITY

If resistance shows up, how will you respond with compassion? What signals tell you it's time to adjust or pause?

Reflection Box: List 2–3 ways you'll stay emotionally connected to your goals.



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5. WEEKLY CHECK-IN TRACKER

Track your emotionally aligned goal and reflect on your progress below:

My Emotionally Aligned Goal:

Goal Planning: Write your emotionally aligned goal here.

Week	Value Focus	Emotional Check-In	Goal Progress	Adjustments Needed
1				
2				
3				
4				