



Personal Development Goals and Compassionate Goal-Setting

Compassionate Goal-Setting: 5 Core Tips + 3 Practices

Practical steps to set goals that sustain motivation, reduce shame, and build momentum.

Five Core Tips

- **Name your North Star:** Write your top value or purpose in one short sentence and place it where you'll see it each day.
 - **Choose micro-steps:** Break goals into 1–3 doable actions that take 5–30 minutes; commit to one today.
 - **Swap perfection for learning:** Reframe setbacks as data; note one learning and the next tiny experiment.
 - **Protect minimal boundaries:** Decide one clear boundary that preserves your energy for this goal (time, device-free block, or delegation).
 - **Celebrate small evidence:** Record any concrete sign of progress each week, then acknowledge it with a brief, specific statement.
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Three Practices (2–5 minutes each)

- **Values Flash (2 minutes):** Say your North Star aloud, then pick the single task today that most aligns with it.
 - **60-Second Pause:** Hand on heart, breathe two steady cycles, and say one kind sentence: “I’m learning; one step now.”
 - **Mini Experiment Log (3 minutes):** After a small action, write: What I did; What I learned; One tweak for next time.
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Quick 3-Week Starter (compact checklist)

Week 1: Place your North Star; pick Daily Micro-Step; do Values Flash each morning.

Week 2: Add the 60-Second Pause before tricky tasks; test one boundary for the week.

Week 3: Run two Mini Experiments; record weekly progress and share one learning with a trusted person.

Progress over perfection: 1 small action + 1 honest learning is forward movement.
