



VALUE BASED GOAL SETTING PLANNER

Made with AI

Your goals should reflect what matters deeply to you.

Value Based Goal Setting

Create a Life That Aligns

ALIGN YOUR GOALS WITH WHAT TRULY MATTERS.

CLARIFY YOUR VALUES
Identify what matters most to you in life.

ALIGN YOUR GOALS
Set goals that reflect your values and long-term vision.

MAKE INTENTIONAL CHOICES
Say yes to what supports your goals and no to what doesn't.

TAKE CONSISTENT ACTION
Small steps aligned with your values create big, lasting change.

STAY FLEXIBLE AND GROW
Revisit your goals and values as you evolve.

Today I choose me

When your goals align with your values, your life feels more meaningful and fulfilling.

Purpose gives direction.
Values create alignment.
Goals make it happen.

Live with Purpose. Align with What Matters Most.



WELCOME

You're in the Right Place!

This planner is your space to slow down, reflect, and create a life that truly reflects what matters most to you.

When your goals align with your values, your life feels more meaningful, focused, and fulfilling.

Here, you will:

- Clarify what matters most.
- Set intention-driven goals.
- Take aligned action with confidence.
- Create a life that feels like you.

Purpose gives direction. Values create alignment. Goals make it happen.



IDENTIFY YOUR CORE VALUES

What truly matters to you?

(Write freely here and then pick your corresponding values on the next page).

Your values are the foundation of the life you desire. They guide your decisions and actions.



Some Common Values

- ☐ Growth
- ☐ Freedom
- ☐ Connection
- ☐ Adventure
- ☐ Kindness
- ☐ Balance
- ☐ Authenticity
- ☐ Creativity
- ☐ Health
- ☐ Integrity
- ☐ Other: _____

My Top Values

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



Reflection

Which values inspire you? Which are non-negotiable?

How different would your days feel if they were more focused and aligned to these values?

(Write freely below)

Know your values. Live your truth.



TURN YOUR VALUE INTO AN INTENTION

Intention creates direction.

Choose one of your top values and turn it into a personal intention for how you want to live and show up.

My Value:

How do I want to embody this value in my daily life?

Create intentions that align to your core values to grow your impact.



CREATE A VALUE-ALIGNED GOAL

Dream with purpose.

My Goal Is: (What do I want to create or achieve?)

Why This Matters: (Why does this goal align with my values, the life I want to create, and the way I want to show up for others?)

I Will Know I've Succeeded When: (what evidence will demonstrate I have met my goal?)

Example: I value my health → My goal is to move my body daily, so I feel strong, energized & present for life.

Aligned goals. Meaningful progress.



GENTLE ACTION PLAN & REFLECTION

Take small steps. Stay connected.

This week, I will

Mon_____

Tue_____

Wed_____

Thu_____

Fri_____

Sat_____

Sun_____

Reflection

What went well?

What should I try to do differently next time?



Affirmation

I am becoming more self-aware and bringing my life into closer alignment with my core values. I am allowed to proceed at my own pace and seek to continually learn and grow.

Related Resources:

[Value Based Goal Setting: 7 Steps to a Purpose Driven Life](#)

[Value Based Goal Setting: How to Set Goals for Change Now](#)

[How to Find Your Values: Clarify What Matters Most](#)

[Value Based Goal Setting: How to Set Purpose Driven Goals](#)

[Purpose, Goal-Setting & Personal Growth: How to Find Your Path & Achieve Meaningful Goals](#)