

SETTING GOALS

PART III



Worksheet 8

Setting clear goals helps us clarify our direction forward. They also provide a framework for meeting challenges and staying focused when obstacles arise. In this exercise, you'll reflect on the current goals of your primary activity, why they matter, and how well they align with your core values and aspirations.



When I first began this work, what goals did I have in mind?

Looking back, what did you hope to accomplish? What initially inspired and motivated you?



In what ways have those goals changed over time?

Have your priorities changed? Are you now working toward something different—or refining an earlier aim with greater clarity and purpose?



What goals matter most to me now?

At this point in your work life, what goals—both practical and personal—feel most worth striving for?



How well does my current work align with my evolving goals?

Does it support your deeper values and evolving sense of purpose—or does it feel at odds with them? What, if anything, would need to change for your work to feel more in harmony with the life you most want to live?



How has my role in this work evolved over time?

Have you assumed new or different responsibilities? Have your relationships with colleagues changed as your role has grown?



Which personal or professional skills would I like to develop further in my current work?

You might think of areas such as continuing education, communication skills, stress management, leadership, problem-solving, conflict resolution, mentoring, or others you feel are important to your growth.



How would I like to evolve in the work I'm doing now?

Looking ahead, what insights or inner qualities would you like to cultivate as you move forward in this role?
