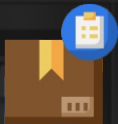




The Elevate Your Goals Framework

Step 1: Take the Inventory



Begin by completing the **Values-Based Goal Inventory Worksheet** to identify your core values and strengths. Understanding these will guide you in setting goals that align with your personal motivations and areas of natural ability.

Step 2: Self-Reflection



Define Your Life Domains

Choose four areas of life to focus on:

- Personal Growth (e.g., learning, health, habits)
- Career/Studies (e.g., skill-building, leadership, achievements)
- Relationships (e.g., family, friends, community)
- Leisure (e.g., hobbies, creativity, exploration)

Set SMART Goals

For each domain, set one goal using the SMART criteria:

- Specific: Clearly define what you want to achieve.
- Measurable: Ensure progress can be tracked.
- Achievable: Set realistic objectives.
- Relevant: Align with your values and priorities.
- Time-bound: Assign a deadline.

Step 2: Self-Reflection



Example

"Save \$500 in six months by setting aside \$20 weekly."

Align Goals with Values

Aligning your goals with your core values found in Step 1 provides a deep sense of purpose and motivation, making it easier to stay committed and persevere, even when challenges arise.

Step 3: Action Plan



Break Down Goals

Develop actionable steps for each goal:

- Identify smaller tasks to make the goal manageable. Chat bots like ChatGPT can help you break big goals into smaller, actionable steps.
- Use a planner or digital tools like Trello to schedule these tasks.
- Write your weekly goals on sticky notes and post them on your mirror to keep them top of mind. Remind yourself why you set the goal. This daily visual reminder reinforces your commitment.

Step 3: Action Plan



Link Personal Strengths to Actions

Determine how your unique strengths will support your goals:

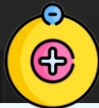
- Example: "Use Discipline to stick to a study schedule, even when distractions arise."
- Example: "Leverage Positivity to maintain enthusiasm during tough workouts."

Track Progress

Regularly review and log your efforts:

- Set a time with a friend or coach to review weekly and monthly on achievements.
- Adjust your action plan weekly to stay on course.

Step 4: Build Momentum



Celebrate Wins

Recognize milestones—big or small:

- Examples: "Daily journaling for 30 days," "Completing a challenging course."
- Reward yourself to sustain motivation. Even a humble brag on social media can be a reward.

Flex Goals

Evolve your objectives:

- Set higher aspirations as your confidence grows.
- Use lessons from past achievements to fuel future success.

Monthly Planning



- Set an appointment to revisit your goals at the start of each month.
- Adjust objectives to align with new priorities or challenges.
- Check-in monthly in a community support or accountability group to stay on track.

Daily Planning Framework/Mindset



- Begin each day by reviewing your goals.
- Identify 1–3 tasks that align with your objectives.
- End each day with a brief reflection on progress, areas for improvement, and obvious goals for the next day.