

Handout 3: Translating values into goals

Value	One to three long-term goals (more than a year away)	Two or three short-term goals for each long-term goal (can be achieved within one week or several weeks)	One immediate action that you can take within 24 hours
<p><i>Example:</i></p> <p>Connection</p>	Graduate with a degree in psychology	Go to every class	Organize syllabi, transfer important dates to personal calendar
		Study every day except Sunday	
		Participate in a study group	
	Obtain a job in which she can help others	Participate in the Psychology Club	Look up information about the Psychology Club, transfer meeting dates to my personal calendar
		Volunteer as a tutor	
	Always maintain close relationships with family and friends	Hang out with friends every week	Call best friend to make plans for the upcoming weekend
		Call parents every week	

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