**Actions**

**What is important for you (values)?**

**Goals for relationships, work and studying, freetime and wellbeing**

**Barriers on your way from values to actions**

**What is important for you?**

What is meaningful for you? Your good life – what should be included in it?

**Goals: relationships, work and studying, free-time or wellbeing**

Choose one of these four areas for a closer look right now. What kind of short and long term goals do you need set to live your life more based on your values (a.k.a goals based on what is important for you)?

**Actions:**

Now, choose one of those goals and list what actions do you need to do to make it happen?

**Barriers:** thoughts, feelings and problems that probably will try to stop or slow you down.

Lists those possible barriers here:

What could help you to overcome these barriers?