**Actions**

**What I value:**

**Objectives**

**e.g. personal relations, work and study, leisure time, well-being**

What action should you take to reach your objectives in the areas you value in life?

What do you value in different areas of life and why?

Tips on setting goals: How can you tell that you are happy with the way things are in these areas of life (e.g. personal relations, work and study, leisure time, well-being)? What goals should you set?

**Barriers/**

**Obstacles:**

**thoughts, emotions and external factors**

Homework:

**What I value:**

What do you value in different areas of life and why? What is a good life like for you? What do you want from life, both on a daily basis and on a larger scale?

**Goals:** e.g. personal relations, work and study, leisure time, well-being

Choose one of the above areas and examine it more closely. What types of goals, over both the short and the long term, do you need to set for that particular area of life in order to achieve more of those things that you value in life?

**Actions:**

Pick a goal from the previous item (if you set several goals, pick one). What kind of action do you need to take in order to reach your goal?

**Barriers or obstacles: thoughts, emotions and external factors**

What kind of barriers or obstacles may you face when aspiring to your goal?

What can help you tackle them?