A Day with Your Future Self

# Introduction

This worksheet is designed to help you reflect on your goals, strengths, and values. By gaining clarity in these areas, you can make informed decisions that align with your true self and create a meaningful and fulfilling life.

# Section 1: Identifying Your Goals

## Step 1: Brainstorming

Take a few moments to think about what you want to achieve in different areas of your life. Consider the following categories:

* Career
* Personal Development
* Health and Wellness
* Relationships
* Hobbies and Interests
* Financial Goals

Write down everything that comes to mind. Don't worry about how achievable they are at this point; just let your thoughts flow.

## Step 2: Prioritizing

Review your list of goals. Which ones resonate with you the most? Which goals excite you or feel most important? Circle or highlight the top three to five goals.

## Step 3: SMART Goals

For each of your top goals, use the SMART criteria to refine them:

* Specific: What exactly do you want to achieve?
* Measurable: How will you know when you've achieved it?
* Achievable: Is it realistic and attainable?
* Relevant: Does it align with your values and long-term objectives?
* Time-bound: When do you want to achieve it by?

Write down your SMART goals in the space below:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Section 2: Identifying Your Strengths

## Step 1: Self-Assessment

Reflect on your past experiences and accomplishments. What are you good at? What have others praised you for? Make a list of your strengths:

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## Step 2: Feedback from Others

Sometimes, we are unaware of our own strengths. Ask friends, family, or colleagues for feedback. What do they see as your strengths? Note their responses here:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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## Step 3: Aligning Strengths with Goals

Think about how your strengths can help you achieve your goals. Which strengths will be most useful? How can you leverage them? Write down your thoughts:

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# Section 3: Identifying Your Values

## Step 1: Reflecting on Values

Values are the principles that guide our behavior and decisions. Consider what is most important to you in life. Some examples of values include:

* Integrity
* Honesty
* Compassion
* Respect
* Adventure
* Growth
* Family
* Community

Write down your top five values:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Step 2: Living Your Values

Reflect on how well you are currently living your values. Are there areas where you could improve? Write down any insights or actions you want to take:

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## Step 3: Aligning Values with Goals

Ensure that your goals align with your values. If there are any discrepancies, consider adjusting your goals to better reflect what is truly important to you. Write down any adjustments you need to make:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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# Conclusion

Congratulations on completing this worksheet! By identifying your goals, strengths, and values, you have taken an important step towards personal growth and fulfillment. Remember to revisit this worksheet periodically to adjust your goals and reflect on your progress.