### My values, my aims — for four areas of life

<table>
<thead>
<tr>
<th>Relationships</th>
<th>Work</th>
</tr>
</thead>
<tbody>
<tr>
<td>for instance, with my partner, my child(ren), my parents, close friends and relatives</td>
<td>(Paid work; education/my degree course; training and CPD; unpaid work such as volunteering, domestic work and caring responsibilities)</td>
</tr>
</tbody>
</table>

- **My values in relationships:**
  - **Short-term aims***: |
  - **Medium-term aims***: |
  - **Long-term aims***: |

- **My values at work:**
  - **Short-term aims***: |
  - **Medium-term aims***: |
  - **Long-term aims***: |

<table>
<thead>
<tr>
<th>Play</th>
<th>Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Rest and relaxation; hobbies, creativity; sport/exercise; all types of free-time activities; recreation/entertainment)</td>
<td>(Physical, psychological, emotional and spiritual health and wellbeing)</td>
</tr>
</tbody>
</table>

- **My values at play:**
  - **Short-term aims***: |
  - **Medium-term aims***: |

- **My health values:**
  - **Short-term aims***: |
  - **Medium-term aims***: |
Long-term aims*:

*When formulating your aims, use the SMART criteria:

Specific: Your aims should be specific, clear and precise, as that will make it easier to check if you have achieved them.

Meaningful: Your aims should be consistent with your values.

Actionable: Your aims should open up opportunities for positive change, rather than giving instructions for what not to do.

Realistic: You should aim high, but not so high that your aim is out of reach.

Time-bound: You should set a time frame within which you intend to achieve your aim.