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

### Relationships

*for instance, with my partner, my child(ren), my parents, close friends and relatives*

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

### Work

*(Paid work; education/my degree course; training and CPD; unpaid work such as volunteering, domestic work and caring responsibilities)*

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

### Play

*(Rest and relaxation; hobbies, creativity; sport/exercise; all types of free-time activities; recreation/entertainment)*

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

### Health

*(Physical, psychological, emotional and spiritual health and wellbeing)*

- **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.