

Defining your Interests, Values & Goals

Who Am I? What Do I Value? Having a Purpose & Goals



Student Counselling Services

WHO AM I?

HAVING A CLEAR UNDERSTANDING WHO YOU ARE (INCLUDING SUCH THINGS AS YOUR PREFERENCES, VALUES, BELIEFS AND GOALS) WILL PUT YOU IN A STRENGTHENED POSITION TO COPE WITH LIFE'S STRESSORS AND CREATE A SATISFYING LIFE.

- I like _____
- I am happy when _____
- I can't wait until _____
- My favorite food is _____
- I'm really excited about _____
- My favorite season is _____
- My friends think I'm _____
- My favorite sport is _____
- My best quality is _____
- My biggest limitation is _____
- My favorite hobby is _____
- My favorite class is _____
- Success means _____
- My best friend is _____
- I'm strongest when _____
- I believe _____
- I love it when _____
- When I'm happy I _____
- I love _____
- When I'm sad I _____
- I'm most ashamed of _____
- My family _____
- I felt most hurt when _____
- I wish I could _____
- I'm most relaxed when _____
- The best part of the day is _____
- I wish I didn't _____
- I'm most stressed when _____
- My biggest dream is to _____
- I'm hopeful about _____
- I'm good at _____
- I'm worried about _____
- My pet peeve is _____
- I can't stand it when _____
- My worst habit is _____
- I'm most proud of _____
- I like myself when _____

WHAT DO I VALUE?

PART OF DEFINING YOURSELF IS BEING CLEAR ABOUT WHAT YOU VALUE MOST. CHECK OFF THE VALUES THAT ARE MOST IMPORTANT TO YOU AND THEN SEE IF YOU CAN NARROW THAT LIST BY CHOOSING YOUR TOP 5-10 VALUES.

- | | | | |
|--|---|--|---------------------------------------|
| <input type="checkbox"/> independence | <input type="checkbox"/> faith | <input type="checkbox"/> generosity | <input type="checkbox"/> integrity |
| <input type="checkbox"/> tolerance | <input type="checkbox"/> stability | <input type="checkbox"/> plans | <input type="checkbox"/> work |
| <input type="checkbox"/> family | <input type="checkbox"/> winning | <input type="checkbox"/> spontaneity | <input type="checkbox"/> property |
| <input type="checkbox"/> certainty | <input type="checkbox"/> marriage | <input type="checkbox"/> practicality | <input type="checkbox"/> possessions |
| <input type="checkbox"/> individualism | <input type="checkbox"/> children | <input type="checkbox"/> intimacy | <input type="checkbox"/> education |
| <input type="checkbox"/> freedom | <input type="checkbox"/> the aged | <input type="checkbox"/> promptness | <input type="checkbox"/> patience |
| <input type="checkbox"/> differences | <input type="checkbox"/> wisdom | <input type="checkbox"/> formality | <input type="checkbox"/> forgiveness |
| <input type="checkbox"/> friends | <input type="checkbox"/> wealth | <input type="checkbox"/> compassion | <input type="checkbox"/> humor |
| <input type="checkbox"/> fitting in | <input type="checkbox"/> challenge | <input type="checkbox"/> rules | <input type="checkbox"/> courage |
| <input type="checkbox"/> politics | <input type="checkbox"/> thrill-seeking | <input type="checkbox"/> uniqueness | <input type="checkbox"/> openness |
| <input type="checkbox"/> equality | <input type="checkbox"/> feminism | <input type="checkbox"/> trustworthiness | <input type="checkbox"/> pride |
| <input type="checkbox"/> similarities | <input type="checkbox"/> religion | <input type="checkbox"/> affection | <input type="checkbox"/> tenacity |
| <input type="checkbox"/> being alone | <input type="checkbox"/> loyalty | <input type="checkbox"/> commitment | <input type="checkbox"/> frugality |
| <input type="checkbox"/> being different | <input type="checkbox"/> excitement | <input type="checkbox"/> nonviolence | <input type="checkbox"/> country |
| <input type="checkbox"/> growth | <input type="checkbox"/> exploring | <input type="checkbox"/> responsibility | <input type="checkbox"/> health |
| <input type="checkbox"/> power | <input type="checkbox"/> introversion | <input type="checkbox"/> truthfulness | <input type="checkbox"/> self-control |
| <input type="checkbox"/> acceptance | <input type="checkbox"/> being active | <input type="checkbox"/> justice | <input type="checkbox"/> mercy |
| <input type="checkbox"/> peace | <input type="checkbox"/> knowledge | <input type="checkbox"/> predictability | <input type="checkbox"/> happiness |
| <input type="checkbox"/> being outgoing | <input type="checkbox"/> history | <input type="checkbox"/> comfort | <input type="checkbox"/> confidence |
| <input type="checkbox"/> change | <input type="checkbox"/> imagination | <input type="checkbox"/> science | <input type="checkbox"/> peace |
| <input type="checkbox"/> understanding | <input type="checkbox"/> creativity | <input type="checkbox"/> nature | <input type="checkbox"/> modesty |
| <input type="checkbox"/> respect | <input type="checkbox"/> logic | <input type="checkbox"/> music | <input type="checkbox"/> grace |
| <input type="checkbox"/> flexibility | <input type="checkbox"/> kindness | | |

TOP 10 VALUES:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

- Do you live according to your values?
- Do your values help you live the life you want?
- Are there some things you could be doing (or stop doing) that would better uphold your values?
- Do your values help you to feel more or less depressed?

HAVING A PURPOSE AND GOALS FOR THE FUTURE

GOALS CAN GET YOU GOING, HELPING YOU TO ENDURE BEYOND IMMEDIATE DIFFICULTIES.

Goals can be:

- **Short term**
e.g., hourly, daily, weekly, monthly goals.
- **Intermediate**
e.g., yearly goals.
- **Long term**
e.g. a five-year vision, a career path, or a lifetime goal.

**Having a sense
of purpose in
life** PROVIDES MOTIVATION,
INTEREST AND ENERGY

Think about these questions as you consider your own goals:

- What have you already done that you feel proud of/are glad you did?

- What have others done that interests/inspires you?

- Is there something you feel you need to experience in your life?

- What is important enough to justify your time and energy?

- Is there something you want to accomplish this month/year/in your lifetime?

- Are there some things you could be trying instead of simply considering?

- What are the goals of those around you? Do their goals fit for you or would you like something different?

- What do you want for your future?

- When you are older and look back on your life, what do you want to see yourself having done?

Yapko, M. (1997). *Breaking the Patterns of Depression*. Doubleday: New York.