

# Values, Goals, and Your Future Self

1



What values do I want my everyday decisions to reflect, even when nobody notices?

.....

.....

2



What kind of person do I want to become over the next year, separate from titles, income, appearance, or status?

.....

.....

3



Which goal genuinely matters to me, and which goal am I pursuing mainly because I think it will make other people respect me?

.....

.....

4

What would my future self thank me for starting, stopping, or protecting now?

.....

.....

5



What quality do I want to practice more often, and what would that look like in an ordinary Tuesday rather than an idealized future?

.....

.....

6



What is one small action I can take this week that would make me trust myself a little more?

.....

.....

