

Personal Goals and Values Worksheet

Purpose:

This worksheet is designed to help you reflect on your personal values and set clear, actionable goals that align with your recovery and life aspirations. Whether in sobriety or in other aspects of life, identifying your goals will help you stay focused and motivated on your journey.

Section 1: Identifying Your Core Values

Understanding your core values is the foundation of setting meaningful goals. These values reflect what matters most to you and can guide your decisions and actions.

1.1 Reflecting on Your Values:

Take a moment to reflect on what is most important to you in life. This can include aspects of your character, relationships, work, or personal growth.

List your top 5 core values (e.g., honesty, family, health, self-respect, peace):

- 1.
- 2.
- 3.
- 4.
- 5.

1.2 Aligning Your Values with Your Recovery:

Think about how these values can be integrated into your recovery journey. How do these values help guide you in making decisions during your sobriety?

Section 2: Short-Term Goals (Recovery Focused)

Short-term goals help provide direction and motivation as you work towards a life of sobriety. These are goals you can realistically achieve within the next few weeks or months.

2.1 Defining Your Short-Term Recovery Goals:

Write down 2-3 short-term goals related to your recovery. These could be specific actions or changes you want to make to support your sobriety (e.g., attending meetings, building a support network, or practicing coping skills).

- 1.
- 2.
- 3.

2.2 Action Steps for Achieving These Goals:

For each short-term goal, identify specific steps you can take to achieve it.

Goal 1:

- Action Step 1: _____
- Action Step 2: _____
- Action Step 3: _____

Goal 2:

- Action Step 1: _____
- Action Step 2: _____
- Action Step 3: _____

Goal 3:

- Action Step 1: _____
- Action Step 2: _____
- Action Step 3: _____

2.3 Challenges You May Face:

What potential obstacles could interfere with these goals, and how can you address them?

Section 3: Long-Term Goals (Beyond Recovery)

Long-term goals are aspirations for your life after treatment. These may involve your career, relationships, personal growth, or contributing to others. Define your goals for the next 6 months to a year or longer.

3.1 Defining Your Long-Term Goals:

Write down 2-3 long-term goals that you want to achieve once you're further along in your recovery journey. These might be things like creating a career path, improving relationships, or maintaining long-term sobriety.

- 1.
- 2.
- 3.

3.2 Action Steps for Achieving Long-Term Goals:

For each long-term goal, break it down into smaller action steps you can take over time.

Goal 1:

- Action Step 1: _____
- Action Step 2: _____
- Action Step 3: _____

Goal 2:

- Action Step 1: _____
- Action Step 2: _____
- Action Step 3: _____

Goal 3:

- Action Step 1: _____
- Action Step 2: _____
- Action Step 3: _____

3.3 Envisioning Your Future:

What does your life look like when you've achieved these long-term goals? How do you feel?

Section 4: Life Outside of Treatment

Recovery is not just about staying sober; it's about creating a fulfilling life that includes personal growth, meaningful relationships, and purpose.

4.1 Identifying Your Life Priorities:

What areas of your life do you want to focus on as you move forward in recovery? These could include family, career, friendships, hobbies, or physical health.

- Family
- Career/Work
- Friendships/Social Connections
- Health and Wellness
- Education or Personal Development
- Hobbies and Passions
- Community or Volunteering
- Spirituality/Personal Growth
- Other (please specify): _____

4.2 Balancing Recovery and Life:

How do you plan to balance your sobriety with these other areas of your life? What steps can you take to integrate your recovery into your daily routine and activities?

Section 5: Motivation and Reflection

Having a clear sense of motivation can keep you focused on your goals. Reflect on why you want to achieve these goals and how they connect to your values.

5.1 Your “Why” for Recovery:

Why is recovery important to you? What motivates you to stay sober and work towards these goals?

5.2 Measuring Your Progress:

How will you track your progress toward these goals? What will success look like to you?

5.3 Celebrating Milestones:

How will you celebrate your accomplishments along the way, both small and large?

Section 6: Accountability and Support

It’s important to have support while working on your goals.

6.1 Building Your Support System:

Who can you rely on for encouragement, accountability, or assistance with your goals? This may include family, friends, therapists, or support groups.

- Family
- Friends
- Sponsor/Support Group
- Therapist
- Other (please specify): _____

6.2 Regular Check-ins:

How will you check in with yourself or others to stay on track with your goals? Would you benefit from scheduled progress reviews or journaling?

Conclusion:

Thank you for completing this Personal Goals and Values Worksheet. Use the insights you’ve gained to take small, meaningful steps toward the life you want to build. Remember, recovery is a journey, and each step you take brings you closer to your goals.