

Connecting Values and Goals

Directions: Read each goal statement below. Put an X by the "best" reason. Be prepared to discuss your reasons. Remember: Only check *one* reason.

1. My goal is to make as many friends as possible so that ...

- I will never be lonely.
- everyone will think I'm popular.
- I can make other people happy.
- I can broaden my horizons by learning about others.
- I will always have someone to borrow money from.

2. My goal is to make lots of money and have nice clothes so that ...

- I can get revenge on everyone who calls me a bad dresser.
- I can feel good about myself and be responsible for my own life.
- I have an easier time getting dates.
- I can go shopping whenever I want to.
- people will be impressed when they first meet me.

3. My goal is to get married so that ...

- my parents will stop bugging me.
- I have a partner to share my life with.
- I can have children and a real family.
- everyone will think I'm a normal person.
- I have someone I can boss around.

4. My goal is to go to college because ...

- I can get a better job when I graduate.
- I want to pursue my intellectual interests.
- I want to meet lots of interesting people.
- my parents think that's the best thing for me to do.
- I can go to lots of parties.



What is your most important goal? Write it below:

On the back of this page:

- Explain why this is your most important goal. You can list as many reasons as you want.
- Tell what you value most in life.
- Tell whether this value is connected to your most important goal.