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.