

ALIGNING LIFE GOALS AND WELLBEING

This exercise can help clients think clearly about their life goals and how they align with the factors that actually drive wellbeing. It helps them focus on the motivation for their goals.

What are your current life goals?

Goals that increase wellbeing tend to be:

- Feasible, realistic, attainable
- Those that we are already making progress towards
- Personally meaningful
- Those that we feel highly committed to
- Intrinsic
- In line with our motives and needs
- Valued by our culture
- Not conflicting

How do your life goals stack up against these factors?

Are your goals extrinsic (ie things you "must" or "should" do) or intrinsic ("want" or "love" to do)? Where would you rate them on a scale?

Extrinsic **Intrinsic**
(should/want/must do) (love to do)

How can you re-frame your goals to make them more intrinsic?