

Student Counselling Office (Zentrale Studienberatung)

My values, my aims: What matters to me, and what would I like to achieve?

1. Choose an area of your life that you would like to formulate your values and aims for.
Relationships | Work, learning and development | Rest, relaxation and play | Health and wellbeing
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2. What are your values in relation to this area of your life? What matters to you?
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3. Note down some ideas of how you could achieve your aims in this area.
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4. Now define one thing you will aim to do, that will help you live your life in accordance with your values (it's best to start with a small and easy aim):
Use the SMART criteria to formulate your aim*
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5. Note down why achieving this aim matters to you. What would it mean to you to achieve it (as opposed to not achieving it)?

Adapted from R. Harris (ACT Made Simple, Wer dem Glück hinterherrennt) & L. Seiwert (Wenn du es eilig hast)

Student Counselling Office (Zentrale Studienberatung), HAW Hamburg, Stiftstraße 69, 20099 Hamburg

We're here to answer all of your questions about your studies – by email, by phone or in person. You can find up-to-date contact information and office hours at bit.ly/HAW-ZSB.

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6. Note down any potential obstacles to achieving your aim, that could stop you getting where you want to be.
- Think about a)
- potential internal difficulties (difficult thoughts or feelings; a lack of motivation; self-doubt, stress, hopelessness, feelings of uncertainty or insecurity, fears; tiredness, etc.)
- b) potential situational difficulties (financial pressures; not enough time; skills or abilities you need but don't have; conflict with others, etc.)

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7. How could you tackle these difficulties/obstacles?

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8. If you were in a position to live in accordance with your values, what would this mean to you and your life?

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9. If you were not in a position to live in accordance with your values, how would your life be different?

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*The **SMART criteria**:

Specific: Your aims should be specific, clear and precise, as that will make it easier to check if you have achieved them.

Meaningful: Your aims should be consistent with your values.

Actionable: Your aims should open up opportunities for positive change, rather than giving instructions for what *not* to do.

Realistic: You should aim high, but not so high that your aim is out of reach.

Time-bound: You should set a time frame within which you intend to achieve your aim.

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