

Use Your Values as a Lens to keep your life goals in sharp focus



Lenses can either make things clearer or obscure our vision.

Some "lenses" keep our personal or professional goals in sharp focus. Then our actions will move us closer to the personal or professional life we want.

On the hand, other "lenses" only cloud up our view. Using such blurry lenses will make us stumble further away from the personal and professional life we want.

Which means, if we want to keep a clear view on our goals and work toward our ideal work life and personal life, we need to manage the lenses we use.

Use Your Values as a Life Lens.

Values are the basic, fundamental beliefs we choose to live by. They guide our attitudes and actions, so this is the logical place for us to start.

Think of family, relationships, work/career, leisure, community, spirituality, and health as components of your values "lens." When one component is out of focus or missing, the overall lens will not function well.



Take these Steps:

1. **Think through each area in your own life.** What is important to you, or what do you value, in this area? How important is this area compared to other areas? What qualities or characteristics do you want to bring to this area?
2. **Think about the action steps you want to take.** What would "ideal" look like in each area of your life? What actions will move you closer to your goals?
3. **Frame S.M.A.R.T. goals (specific-measurable-actionable-relevant-time sensitive) for each area.** For example, you may value good physical health. But goals like, "I will exercise more and improve my diet" are pretty vague. Instead, try "I will take a 30 minute walk at least 3X a week," and/or "Starting on Sunday, I will eat one more serving of salad or leafy greens every day."

