

Values & Goals Reflection Sheet

A gentle reflection sheet for identifying what matters, what feels draining and one small next step that is realistic right now.

What matters to me

- Values are the qualities or priorities that matter to you, such as family, honesty, calm, courage, learning, health or kindness.
- You do not need to have everything worked out. Start with what feels important today.

Reflection boxes

Three values that matter to me 1. 2. 3.	Something currently draining me
Something I want more of	Something I want less of
A strength I have used before	A support I could reach for

Turn it into one small step

Choose one step that is small enough to do, even on a low-energy day.

One small goal for the next 7 days:

What will make this step easier?

Important: These worksheets are for general education and self-reflection only. They do not replace advice from a qualified health professional. If you are in immediate danger call 000. For crisis support in Australia, contact Lifeline on 13 11 14.