

TO DO LISTS AND GOALS:
LIVING IN SERVICE TO OUR CORE ESSENTIAL VALUES

DISCUSSION:

How do to-do lists play a role in your daily / weekly routine?

EXERCISE ONE: IDENTIFYING THE UNDERLYING NEEDS IN A TO DO LIST

1. Make a to do list for the week.
2. Go back through your list and designate the need(s) you are seeking to meet with each item.

example:

Respond to email from Joanna
- *warmth, sharing, communication*

Complete employee evaluations
- *responsibility, shared reality, clarity*

EXERCISE TWO: SEEING MULTIPLE STRATEGIES

1. Identify three core needs you would like to focus on meeting this week.
2. Write at least two strategies for meeting each of these needs.

example:

to contribute
- Complete employee evaluations
- Prep materials for workshop

DISCUSSION:

Is there any alignment or contrast between what you came up with in exercise 1 and 2?

Is there anything significant that came up in exercise 1 that did not come up in exercise 2, or vice versa?

EXERCISE THREE: IDENTIFYING THE CORE ESSENTIAL VALUES IN OUR GOALS

1. Indicate up to three long-term goals you have right now
2. Identify the core essential values (needs) associated with these goals
3. When you share with your partner, provide empathetic support for each other by guessing at possible additional core essential values (needs) associated with the indicated goals

EXERCISE FOUR: DOING YOUR BEST TO LIVE IN ALIGNMENT

1. Write out a list of three needs you were wanting to address today.
2. Ask yourself: "Did I *do my best* to satisfy this need?"
3. Rate your effort on a 1 to 10 scale.
4. Practice celebration or giving self-compassion / self-empathy for your assessment.
5. (Re)develop realistic, self-compassionate strategies to meet these needs going forward.