

SUPPLEMENT 2

**TRANSLATED EXCERPT FROM WORKBOOK:
VALUE BASED GOAL-SETTING FORM,
INCLUDING AN EXAMPLE.**

MY VALUE

MY GOAL

Check 1: How desirable is this goal for you?

The chances of successfully completing a goal are lower, when the goal is not important to you.



Check 2: How confident are you that you can successfully achieve this goal?

If you are confident in your own capabilities, you are more likely to attain this goal.



Check 3: How much time will it take to achieve this goal



If you estimate that goal achievement will take more than 6 months, we recommend to divide this goal into multiple subgoals. You can describe the first subgoal below:

Check 4: Is there someone who you can ask for help?

Check 5: Add a calendar reminder?

YES NO

REWARD

THE FIRST STEP

What will I do?

Where will I do this

WHEN WILL I DO THIS?

- Today Tomorrow day after
 ELSE: _____

OBSTACLE

ACTION

NEXT STEP

What will I do?

Where will I do this?

WHEN WILL I DO THIS?

today tomorrow day after tomorrow

ELSE:

OBSTACLE

ACTION

NEXT STEP

What will I do?

Where will I do this?

WANNEER GA IK DIT DOEN?

today tomorrow day after tomorrow

ELSE:

OBSTACLE

ACTION

GOAL ATTAINED?

- YES, *see page xx.*
- No, I need more steps.
See page xx for more steps
- No, this goal was not the right choice.
see page xx.

MY VALUE

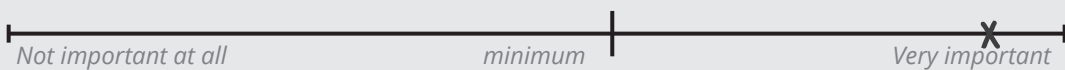
ACTIVITY

MY GOAL

IN FOUR WEEKS, I WANT TO JOIN A 5K WALK DURING A
LOCAL WALKING EVENT.

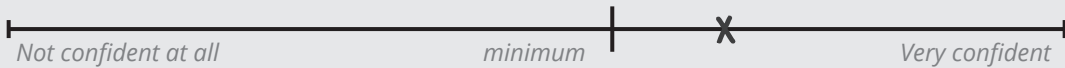
Check 1: How important is this goal for you?

The chances of successfully completing a goal are lower, when the goal is not important to you.

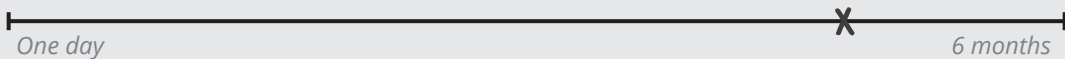


Check 2: How confident are you that you successfully attain this goal?

If you are confident in your own capabilities, you are more likely to attain this goal.



Check 3: How much time will it take to reach this goal?



If you estimate that goal achievement will take more than 6 months, we recommend to divide this goal into multiple subgoals. You can describe the first subgoal below:

Check 4: Is there someone who you can ask for help?

MY HUSBAND WILL JOIN ME

Check 5: Add a calendar reminder?

YES NO

REWARD

WE WILL CELEBRATE THIS WITH A NIGHT OUT

THE FIRST STEP

what will I do?

I CHALLENGE MYSELF TO GO FOR A 5K WALK

where will I do this?

IN THE FOREST NEARBY

WHEN WILL I DO THIS?

Today Tomorrow

ELSE:

OBSTACLE A HEAVY DOWNPOUR

ACTION I IMMEDIATELY PLAN

A NEW MOMENT LATER DURING

THE WEEK.
