

# *Aligning Goals With Values & Lifestyle*



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# WHY ALIGNMENT MATTERS



A GOAL THAT DOESN'T FIT YOUR VALUES WILL FEEL HEAVY

ALIGNMENT = MOTIVATION, PEACE, AND CONSISTENCY

MISALIGNED GOALS LEAD TO BURNOUT, SELF-SABOTAGE, AND GUILT



# VALUES, IDENTITY & GOALS



YOUR VALUES = WHAT TRULY MATTERS TO YOU

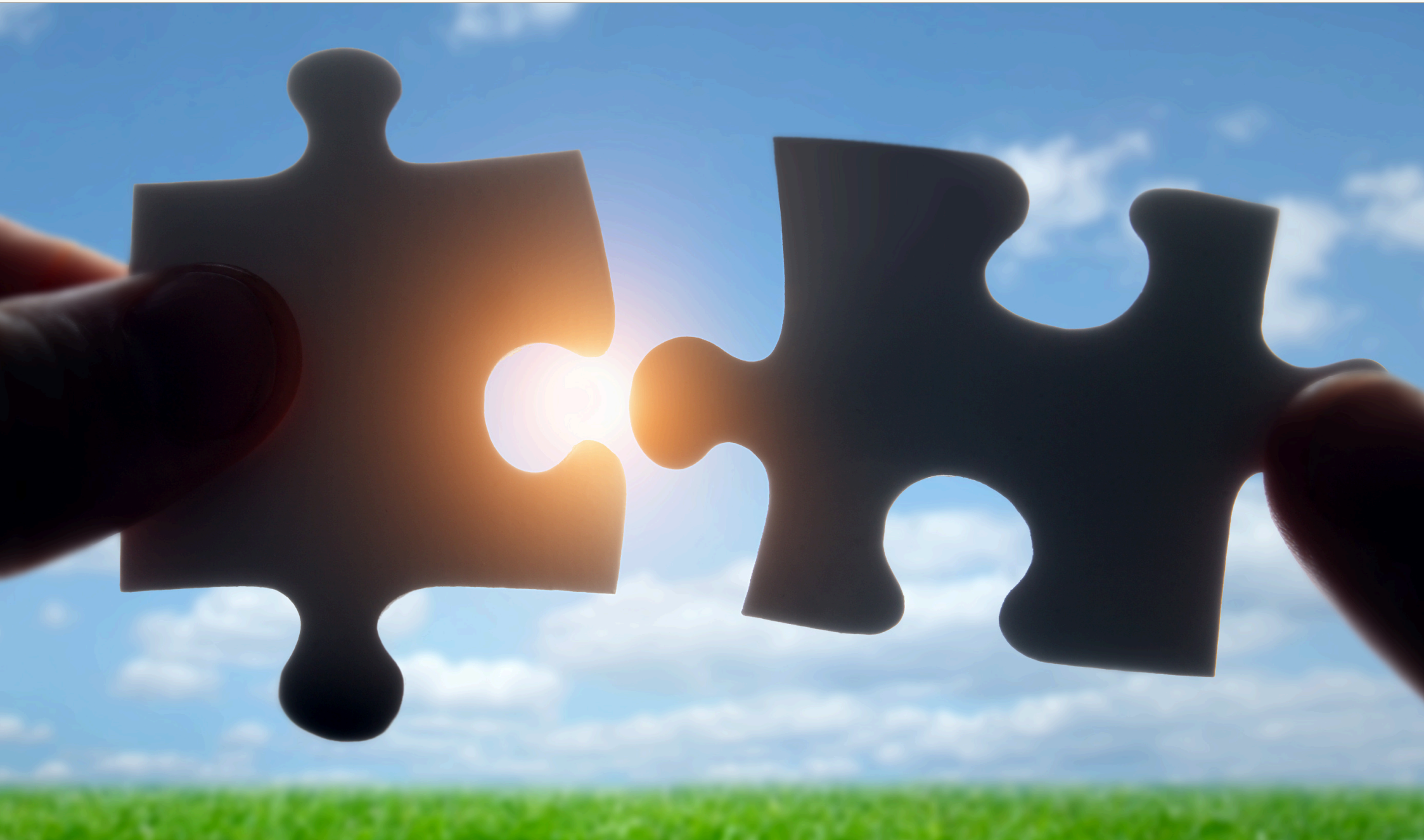
YOUR IDENTITY = WHO YOU BELIEVE YOU ARE (OR WANT TO BE)

ALIGNED GOALS FEEL LIKE: "THIS IS ME"

MISALIGNED GOALS FEEL LIKE: "I SHOULD DO THIS..."



# CHECKING IF A GOAL MATCHES YOUR VALUES



ASK: "WHY DO I REALLY WANT THIS?"

DOES THIS GOAL BRING ME CLOSER TO THE LIFE I WANT?

DOES IT RESPECT MY VALUES (FAMILY, FREEDOM, GROWTH, STABILITY, ETC.)?

WOULD I STILL WANT THIS IF NOBODY PRAISED ME FOR IT?



# IDENTITY CHECK FOR YOUR GOALS



**"IS THIS GOAL CONSISTENT WITH THE PERSON I WANT TO BECOME?"**

**EXAMPLE: IF I WANT TO BE "HEALTHY & ENERGETIC", DO MY GOALS REFLECT THAT?**

**IDENTITY-BASED ALIGNMENT MAKES DISCIPLINE EASIER**

**WHEN IDENTITY AND GOALS CLASH, GOALS USUALLY LOSE**



# WHAT ARE “BORROWED GOALS”?



GOALS TAKEN FROM OTHERS' EXPECTATIONS, NOT YOUR OWN DESIRES

INFLUENCED BY:

- FAMILY PRESSURE
- SOCIAL NORMS
- SOCIAL MEDIA COMPARISON

THEY SOUND GOOD, BUT FEEL EMPTY INSIDE



# SIGNS OF BORROWED GOALS



YOU'RE MORE EXCITED ABOUT OTHERS' APPROVAL  
THAN THE GOAL ITSELF

YOU FEEL "I SHOULD DO THIS" MORE THAN "I WANT  
THIS"

YOU KEEP PROCRASTINATING EVEN THOUGH IT  
LOOKS LIKE A "GREAT GOAL"

ACHIEVING IT DOESN'T FEEL DEEPLY FULFILLING



# HOW TO AVOID BORROWED GOALS



PAUSE AND ASK: "IF NO ONE KNEW ABOUT THIS,  
WOULD I STILL WANT IT?"

SEPARATE YOUR VOICE FROM OTHERS' VOICES

WRITE YOUR REASONS IN YOUR OWN WORDS

IT'S OKAY TO DISAPPOINT OTHERS TO LIVE A LIFE  
TRUE TO YOU



# ALIGNING GOALS WITH YOUR LIFESTYLE



CONSIDER YOUR CURRENT RESPONSIBILITIES: WORK, FAMILY, HEALTH, ENERGY

CAN YOU REALISTICALLY FIT THE GOAL INTO YOUR DAILY/WEEKLY ROUTINE?

ADJUST THE PACE, NOT THE DREAM

A GOOD GOAL FITS INTO YOUR LIFE INSTEAD OF FIGHTING AGAINST IT



# PRACTICAL LIFESTYLE FIT CHECK



HOW MUCH TIME CAN I GIVE THIS PER DAY/WEEK?

WHAT AM I WILLING TO SACRIFICE (TV, SCROLLING, LATE NIGHTS)?

WHAT SEASON OF LIFE AM I IN (STUDENT, PARENT, CAREER GROWTH, HEALING)?

DOES THIS GOAL SUPPORT OR HARM MY WELLBEING?



# PRIORITIZING YOUR GOALS



YOU CAN DO MANY THINGS, BUT NOT ALL AT ONCE

CHOOSE WHAT MATTERS MOST RIGHT NOW

SOME GOALS ARE "FRONT BURNER", OTHERS ARE "BACK BURNER"

PRIORITY BRINGS FOCUS AND FASTER PROGRESS



# HOW TO DECIDE WHAT COMES FIRST



WHICH GOAL HAS THE BIGGEST POSITIVE IMPACT ON YOUR LIFE?

WHICH ONE, IF ACHIEVED, MAKES OTHER GOALS EASIER?

WHICH GOAL IS TIME-SENSITIVE (DEADLINES, AGE, OPPORTUNITIES)?

WHICH GOAL ARE YOU GENUINELY MOST EXCITED ABOUT?



# WHAT CAN WAIT (AND THAT'S OKAY)



NOT ALL GOOD GOALS ARE FOR THIS SEASON

“NOT NOW” ≠ “NEVER”

PARKING GOALS FOR LATER REDUCES OVERWHELM

YOU’RE ALLOWED TO SIMPLIFY WITHOUT FEELING LIKE  
A FAILURE



# A SIMPLE GOAL ALIGNMENT CHECKLIST



DOES THIS MATCH MY VALUES?

DOES THIS FIT THE PERSON I WANT TO BECOME?

DOES IT WORK WITH MY CURRENT LIFESTYLE?

IS IT TRULY MY GOAL, NOT BORROWED?



# FINAL REMINDER



THE RIGHT GOAL IS NOT JUST IMPRESSIVE, IT'S MEANINGFUL

BETTER TO PURSUE FEWER ALIGNED GOALS THAN MANY RANDOM ONES

ALIGNMENT = CLARITY, ENERGY, AND LONG-TERM SUCCESS



**THANK YOU**