MODULE 4:

Core Values and Setting Goals

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Learning Objectives

By the end of this module you will understand:

- ❑ **Identify your core values**
- ❑ **Set short- and long-term actionanable goals** that move toward wellness
- ❑ **Set actionable goals related to alcohol and other drug use** that will support healthier living

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Welcome Back! Let's review our Group Agreements:

- ★ Respect
- ★ Maintain Confidentiality
- ★ Sensitivity to Diversity
- ★ Speak for Yourself
- ★ You are responsible for your own learning

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Review and Discuss!

Worksheet 3-2: Monitoring Triggers and Strategies

- ★ When did you feel most triggered? Any patterns?
- ★ Did you try to use a healthy alternative to avoid using alcohol or other drugs?

Topic 1: Identifying Core Values

Key Points:

- Core values are the beliefs most important to you
- Defining your core values is an important part of developing your identity

Activity:

- **Worksheet 4-1: Core Values**
- Circle the values you identify with, draw a square around your “Top 3”

Topic 2: Moving with Intention Towards Wellness

Worksheet 4-2: My Dream Life -- Wellness Wheel

Key Points:

- Wellness is multifaceted.
- Setting short- and long-term goals across these different dimensions of wellness with your core values in mind ensures that you live a life that it intentional, authentic, and meaningful to you.

Activity: Worksheet 4-2 My Dream Life -- Wellness Wheel

- Intellectual Wellness
- Physical Wellness
- Mental/Emotional Wellness
- Educational/Career Wellness
- Spiritual Wellness
- Social Wellness
- Environmental Wellness

Topic 3: Structuring Goals and Addressing Obstacles

Key Points:

- Moving towards wellness is an active, intentional process
- It is important to plan ahead and set goal that are specific measurable, attainable, relevant, and time oriented.
- It is also important to plan around potential barriers and overcoming obstacles

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Activity: Worksheet 4-3: SMART-B Goals

Specific

Measurable

Attainable

Realistic

Time Oriented

Barriers

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WINDING DOWN

- ❑ We will check in together on ***Insert date***
- ❑ Handout 4-1: Massachusetts Statewide & Regional Youth Resources
- ❑ You've completed iDECIDE!

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