

Name:

Subject:

Professor:

Date:

### Personal goals and values inventory

Majority of people living in the current world are driven and motivated by their own personal goals and values (Reisz, Michael and Daniel, 701). I am not an exception. Personal goals are there to provide a sense of direction to individuals with what they want to do exactly with their lives. Without goals in this world, life would seem meaningless and useless. I believe in my own personal goals mainly because they guide me in my daily activities. My life achievements so far are only as a result of my goals and the values that I strongly believe in. In a nutshell, my goals challenge me to view life from a different angle each and every day.

The history of my personal goals is an interesting one. I was brought up with both my parents around and they are still alive up to now. We are four siblings and I am the third born. All my family members are very loving and caring; it is in this type of environment that I grew up. My family played a big role in the formulation of my personal goals. I believe I borrowed most of my values from my parents because from my own point of view, they were the perfect pair of parents I have ever seen. The school also played a greater role in formulating my personal values, especially my math teacher who used to advise me on life issues. My schoolmates also made realize what I wanted to do with my life. I was still young and back then my priorities were different with what they are now. Currently, I view issues as a mature person. Most of my personal goals are constant and slightly change with the situation at hand. The far God has brought me till this moment has made me realize that I have a purpose He has given me in this world. It will be a great pleasure if I could achieve my personal goals.

My goals are simple and they cover every aspect of my life from my spiritual life to my career objectives. I believe in my own personal goals very much and it is not easy for somebody to convince me to abandon them. My goals work in hand with the values that I strongly believe in. According to my own knowledge, all those successful individuals in this world work with personal values and ethics, and so do I. Without ethics, one is likely to discriminate others on their way to the top. I personally don't advocate for that. I believe that my goals are morally and ethically supported.

To begin with on my goals are my life goals and values on how I relate with other people especially my family. Based on my family security, I am a very caring person and I make sure that within my powers, no harm can come to them. I believe in socializing with other people. I have friends but they are not many. Finding a true friend who can help in the time of need is very rare nowadays. This is the major reason I have a few friends who can understand me and help me in time of need. Despite all these, I don't allow anybody to invade my space. I believe in own freedom and I advocate for this through independence. In a nutshell, my personal goals in terms of relationship with other people especially my family is to be a very caring and protective person. My own personal values do not interfere with how I interact with other people but only limit me on the number of people I interact with.

On status and respect, I believe in self respect first and self esteem. These qualities help me have self confidence when interacting with my colleagues. I respect other people and believe that if you respect others, they also respect you as an individual. My career goals are constant every year. My career goal is to constantly expand my salary capacity every year. In terms of service provision at work, my aim is to offer long lasting solutions to the problems that arise at work place. I also aim to be promoted after the first six months at my new job. My leisure goals change depending on the season and the specific location I am at that particular time. One goal is constant and that is discovering something new about me every day. I like testing my limits both mentally and physically on my leisure time with activities such as swimming. As part of my vacation goal, my strategy is to save an eighth of my monthly salary towards vacation.

In my life I love learning something new at least on daily basis. This I do with the aim of increasing my knowledge capacity about a wide area of topics. My educational goal since I was a child was to obtain higher education which would make me diverse and more relevant to the society. I am glad that my journey towards achieving higher education is almost over. The world is constantly changing technologically and obtaining my degree will put me at an advanced place in the job market. I am personally a Christian and to make sure that I respect this religion, I have goals. My spiritual goal is to make sure that every day when I wake up and in the evening, I thank Almighty God for every wonderful day that I live. I eat healthy and my goal is to try and drink three liters of water every day.

As I have already stated above, my personal goals are wide and change over a period of time. Setting the goals is easy. The hardest part is the accomplishment of the goals (Reisz, Michael and Daniel, 703). When I do set my targets, all factors are usually considered to be constant. But through the journey of accomplishing personal goals, the condi-

ons do usually change. In my life conditions have changed but I must admit that I have always been able to find a way around. I promised myself that when I get some money, I will dedicate myself to at least feed one hungry student at school. As a student the challenge was getting money every day but when I did get, I tried to achieve my goals. My long term goals are threatened by the rate at which the current world is changing with. The current world is experiencing both technological and population changes. The technological changes are heavily impacting my goal of obtaining a degree in business studies. The curriculum is ever changing to accommodate the current technological changes which are of great importance in the job market. To be competent I need to change my strategy towards achieving my educational goal which now includes applying for internships and volunteering programmes to enhance my skills. The rate at which the world population is increasing by is also impacting my goals. Increase in number indicates that everything is obtained through stiff competition. From jobs to marriage, everything is competition and I did not factor this when I formulated my long term goals.

However, despite all the ups and downs, I have stayed on course of achieving my goals. To strengthen my spirituality, I attend youth based groups in the church during weekdays where we help each other towards becoming better people in the society. On my goal of a healthy lifestyle, I have developed eating timetable which works depending on the activities I am doing. When I am working out during weekdays, my calorie intake during weekdays is high but on weekends, I cut down.

In conclusion, I have discussed my view of personal goals and values. My values are not extra ordinary and any individual can have them. Conditions usually change along the way which makes the attainment of personal goals not a simple task. Despite the difficulties, life must continue and whatever the conditions are, the goals must be achieved and values respected.

#### Bibliography

Reisz, Z., Michael J. Boudreaux, and Daniel J. Ozer. "Personality traits and the prediction of personal goals." *Personality and Individual Differences* 55.6 (2013): 699-704.