

# The Nature of Values vs. Goals

**Values** are:

- The *core principles* or *qualities of being* that you hold most important.
- They describe *how* you want to live and *who* you want to be.
- Examples: integrity, compassion, curiosity, growth, service, creativity, peace, love.
- Values are **ongoing** — they can be lived every day, in any circumstance.

**Goals** are:

- The *specific outcomes* or *milestones* you want to reach.
  - They describe *what* you want to accomplish.
  - Examples: get a promotion, lose 20 pounds, write a book, save \$10,000.
  - Goals are **finite** — they can be completed, achieved, or abandoned.
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## The Problem with a Goal-Only Mindset

If you focus *only* on goals:

- You may achieve something but still feel empty or disconnected if that goal isn't rooted in deeper meaning.
- After reaching one goal, there's often a "now what?" emptiness — because the underlying *why* was missing.
- Your direction can easily shift with external influences — trends, approval, comparison — leading to confusion or burnout.

Goals without values are like **a ship with a destination but no compass** — you may arrive somewhere, but not necessarily where your soul intended to go.

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## The Power of Living from Values

When you orient your life around *values*, something subtle but powerful happens:

- **Your goals arise organically** from what truly matters to you.  
For example:
    - If your value is *health*, your goals may include exercising, eating well, or getting enough sleep.
    - If your value is *service*, your goals might include volunteering, mentoring, or building something that helps others.
  - **You stay aligned and resilient.**  
Even when one goal fails or changes, the value behind it remains — you can immediately find new expressions of it.
  - **You experience fulfillment in the process, not just the result.**  
Living your values turns every step into an embodiment of meaning, rather than a chase for outcomes.
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# How Values Automatically Generate Many Goals

Values act like **roots** — from them, many goals (the branches and leaves) naturally grow.

For example:

Core Value	Natural Goals That Flow From It
Growth	Read daily, take new courses, challenge yourself, travel
Compassion	Help a friend, donate time, forgive others, listen deeply
Creativity	Paint, write, innovate at work, design something beautiful
Integrity	Speak honestly, keep promises, choose the right thing over the easy thing

You don't have to chase each branch individually — you nourish the *root*, and the tree flourishes.

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## In Short

- **Values = Compass** → show you your direction.
- **Goals = Destinations** → are the waypoints along that direction.
- When your compass is true, your destinations will always be meaningful.