

Valued Living Questionnaire (Part 1)

Rate the **importance** of each area (by circling a number) on a scale of 1-10. A “1” means that area is *not at all important*. A “10” means that area is *very important*. Not everyone will value all of these areas, or value all areas equally. Rate each area according to **your own personal sense of importance**.

<u>Area:</u>	not at all important extremely important									
1) Family (other than marriage or parenting)	1	2	3	4	5	6	7	8	9	10
2) Marriage/couples/intimate relationships	1	2	3	4	5	6	7	8	9	10
3) Parenting	1	2	3	4	5	6	7	8	9	10
4) Friends/social life	1	2	3	4	5	6	7	8	9	10
5) Work	1	2	3	4	5	6	7	8	9	10
6) Education/training	1	2	3	4	5	6	7	8	9	10
7) Recreation/fun	1	2	3	4	5	6	7	8	9	10
8) Spirituality/Religion	1	2	3	4	5	6	7	8	9	10
9) Citizenship/ Community Life	1	2	3	4	5	6	7	8	9	10
10) Physical self-care (nutrition, exercise/ mental health, sleep)	1	2	3	4	5	6	7	8	9	10

Reflection: *How do you feel about this? Are there any areas that surprised you?*

Valued Living Questionnaire (Part 2)

Please give a rating of how much **interaction** you've had with each of your values. Please note that this is **not** asking about your ideal in each area, **nor** what others think of you. Everyone does better in some areas than in others. People also do better at some times than at others. **Please just indicate how much interaction you've had during the past week or two.** Rate each area (by circling a number) on a scale of 1-10. A "1" means that you've had no interaction with your value. A "10" means that you've had lots of interaction with your value.

During the past week or two...

<u>Area:</u>	<u>not at all</u> consistent with my value					<u>completely</u> consistent with my value				
1) Family (other than 1 marriage or parenting)	2	3	4	5	6	7	8	9	10	
2) Marriage/couples/ 1 intimate relationships	2	3	4	5	6	7	8	9	10	
3) Parenting	1	2	3	4	5	6	7	8	9	10
4) Friends/social life 1	2	3	4	5	6	7	8	9	10	
5) Work	1	2	3	4	5	6	7	8	9	10
6) Education/training 1	2	3	4	5	6	7	8	9	10	
7) Recreation/fun	1	2	3	4	5	6	7	8	9	10
8) Spirituality/religion	1	2	3	4	5	6	7	8	9	10
9) Citizenship/ 1 Community Life	2	3	4	5	6	7	8	9	10	
10) Physical self-care 1 (nutrition, exercise/ movement, rest/sleep)	2	3	4	5	6	7	8	9	10	