

Valued Living Questionnaire-2

Below are areas of life that are valued by some people. We are concerned with your quality of life in each of these areas. There are several aspects that we ask you to rate. Ask yourself the following questions when you make ratings in each area. Not everyone will value all of these areas, or value all areas the same. Rate each area according to your own personal view of each area.

Possibility: How possible is it that something very meaningful could happen in this area of your life? Rate how possible you think it is on a scale of 1-10. 1 means that it is not at all possible at all and 10 means that it is very possible.

Current Importance: How important is this area at this time in your life? Rate the importance on a scale of 1-10. 1 means the area is not at all important and 10 means that the area is very important.

Overall Importance: How important is this area in your life as a whole? Rate the importance on a scale of 1-10. 1 means that the area is not at all important and 10 means that the area is very important.

Action: How much have you acted in the service of this area during the past week? Rate your level of action on a scale of 1-10. 1 means you have not been active at all with this value and 10 means you have been very active with this value.

Satisfied with Level of Action: How satisfied are you with your level of action in this area during the past week? Rate your satisfaction with your level of action on a scale of 1-10. 1 means you are not at all satisfied and 10 means you are completely satisfied with your level of action in this area.

Concern: How concerned are you that this area will not progress as you want? Rate your level of concern on a scale of 1-10. 1 means that you are not at all concerned and 10 means that you are very concerned.

	Possibility	Current Importance	Overall Importance	Action	Satisfied with Action	Concern
1. Family (other than couples or parenting)						
2. Marriage/Couples/ Intimate Relation						
3. Parenting						
4. Friends/Social Life						
5. Work						
6. Education/Training						
7. Recreation/Fun						
8. Spirituality						
9. Community Life						
10. Physical Self-Care (diet/ exercise/sleep)						
11. The Environment (caring for the planet)						
12. Aesthetics (art, music, literature, beauty)						

VALUED ACTION WORKSHEET. Below, we would like you to describe who you want to be and what you want to do in a few valued domains. Chose three from the Valued Living Questionnaire. The focus of the question is on you and your role in these areas. Please write the value, a short sentence about the value containing a few qualities, and then several actions that you could take. For this exercise, keep the actions small—preferably something that could be done in a day, but even some that could be done in minutes (you don't have to actually do them). Sometimes small acts can be quite meaningful. Please be sure to include some very small, simple but meaningful acts. You do not have to fill out all ten, but give it a try. Think small for this exercise!

My value is:

In this area I would like to be a person who is:

The **actions** I would like to do are:

1.	5.
2.	6.
3.	7.
4.	8.

My value is:

In this area I would like to be a person who is:

The **actions** I would like to do are:

1.	5.
2.	6.
3.	7.
4.	8.

My value is:

In this area I would like to be a person who is:

The **actions** I would like to do are:

1.	6.
2.	7.
3.	8.
4.	9.

Next, for each value, put a plus (+) next to the one that would be the simplest. Put an asterisk (*) next to the one that would be most meaningful. Remember meaningful does not need to equal big!

VALUES APPRECIATION WORKSHEET. Below, we would like you to name a few people, places, events, or activities that you appreciate in a few valued domains. Again, chose three from the Valued Living Questionnaire. You do not need to choose the same three as on the Valued Action Worksheet. Please write the value and then several people, places, events, and/or activities that you appreciate that are connected to that value. As you list them, let your eyes go closed a few times and see if you can picture the people, places, events, or activity, then list it. As with valued actions, these do not need to be big major things. Sometimes quite small things are greatly appreciated. You may list both major and minor things you appreciate please be sure to include some very small, simple but meaningful things you appreciate. You do not have to fill out all ten, but give it a try. Think both big and small for this exercise!

My value is:

The people, places, events, and/or activities I appreciate are:

1.

2.

3.

4.

My value is:

The people, places, events, and/or activities I appreciate are:

1.

2.

3.

4.

My value is:

The people, places, events, and/or activities I appreciate are:

1.

2.

3.

4.