

Values

- 1) For each of the domains write a brief description of your values (e.g. *to be a caring partner* [marriage], *to never stop learning* [personal development], *to deepen my relationship with nature* [spirituality]).
- 2) Then rate each domain according to how important it is to you (0 = not important, 10 = very important).
- 3) Finally, give each domain a rating according to how successfully you have lived your life in accordance with this value in the past month (0 = not at all well, 10 = very well).

	Description of your values	Importance	Success
 Family			
 Marriage / Couple / Intimacy			
 Parenting			
 Friendships / Social life			
 Career / Employment			
 Education / Personal growth & development			
 Recreation / Fun / Leisure			
 Spirituality			
 Citizenship / Environment / Community			
 Health / Physical wellbeing			