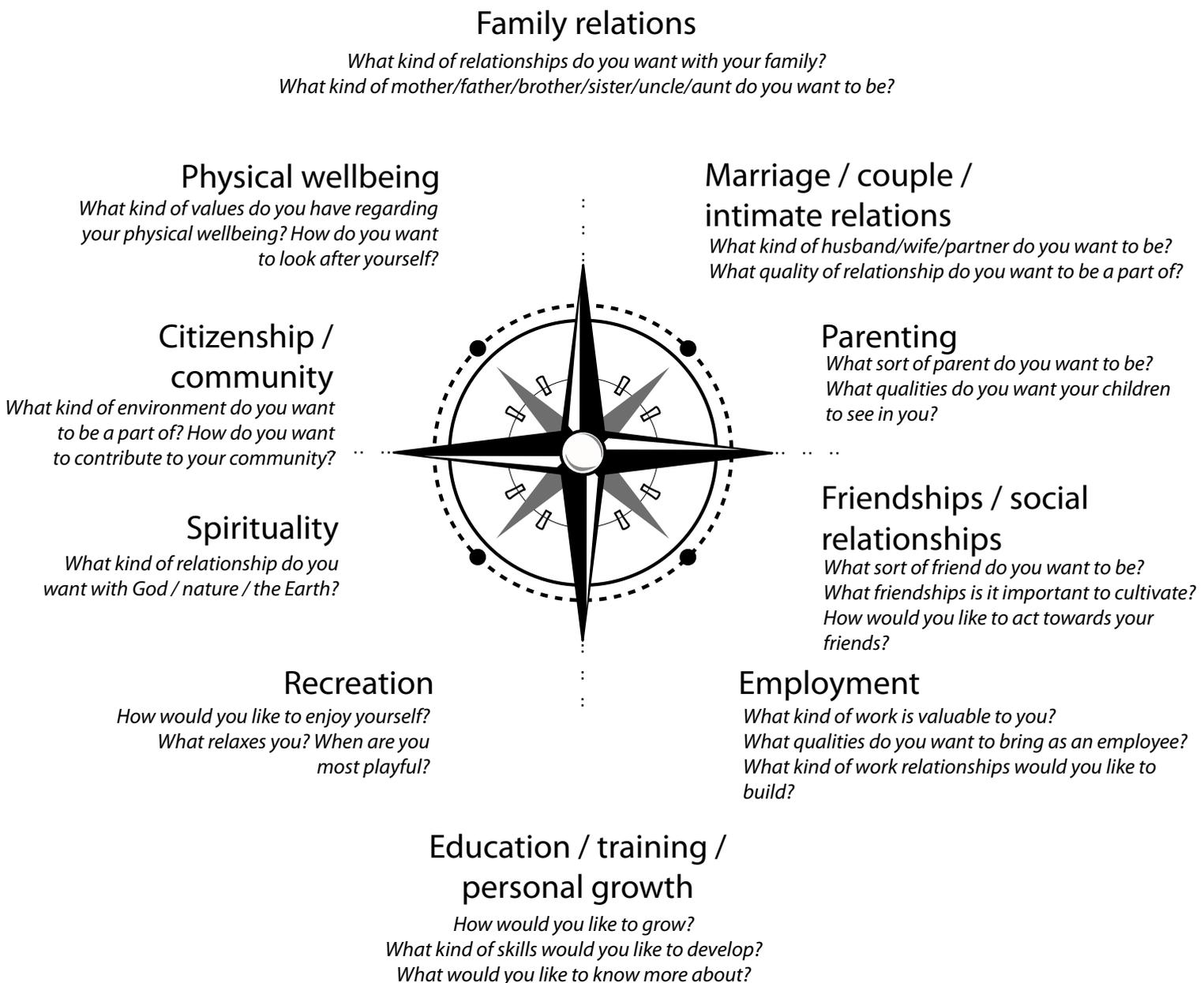


Values

Values are what we find meaningful in life. They are what you care about and consider to be important. Values are different for everybody, and they can change over time.

Values are different from goals. Put crudely, goals can be 'achieved' whereas values are more like compass directions that we want to head in. For example we might have the goal of getting our children to school on time, which sits within the value of 'being a good parent', or the goal of going for a jog while placing value upon exercise and physical health.

The domains below are valued by some people. Leaving aside any obstacles for the moment, think about what is important to you, and what you think makes for a meaningful life that you could value.



Adapted from: Wilson, Sandoz, Kitchens & Roberts (2010). The Valued Living Questionnaire: defining and measuring valued action within a behavioural framework. *The Psychological Record*, 60, 249-272.

Values

For each of these domains write a quick summary of your values, for example “to live a healthy life and take care of my body” (physical wellbeing), or “to be a good friend to people who need me, and to enjoy my time with the people I love” (friendships). Rate each domain for how important it is to you from 0-10 (0=not important)

Physical wellbeing

Family relations

Marriage / couple /
intimate relations

Citizenship /
community

Parenting

Spirituality

Friendships / social
relationships

Recreation

Education / training /
personal growth

Employment

