

## The Valued Living Questionnaire

Below are domains of life that contain values for some people. Rate the importance of each area (by circling a number) on a scale of 1-10. 1 means that area is not at all important. 10 means that area is very important. Not everyone will have notable values all of these areas, or care about all areas the same. Rate each area according to your own personal sense of importance.

- |  |   |   |   |   |   |   |   |   |   |    |
|--|---|---|---|---|---|---|---|---|---|----|
| 1. Family (other than marriage or parenting)   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. Marriage/couples/intimate relations         | 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                                | 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 (diet, exercise, sleep) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11. Environmental Issues                       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 12. Art, creative expression, and aesthetics   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

In this section, you will give a rating of how consistent your actions have been with your values in each of these domains during this week. You are not being asked about your ideal in each area. You are not being asked what others think of you. Everyone does better in some areas than others. People also do better at some times than at others.

Rate each area (by circling a number) on a scale of 1-10. 1 means that your actions have been completely inconsistent with your values in this area. 10 means that your actions have been completely consistent with your values.

- |  |   |   |   |   |   |   |   |   |   |    |
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| 2. Marriage/couples/intimate relations         | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3. Parenting                                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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| 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 |
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## Scoring

There are a number of ways to assess the results. The first is to look at all domains that have relatively high importance scores (a score of 9 or 10), and also have relatively low consistency scores (6 or less). These are clear problem areas, and I suggest starting your initial work with any one of them. Then you can move on to other areas.

It's also good to calculate your overall score. Multiply the two numbers from the first and second parts for each domain. So, if for family, in the first part you scored it as 10 and in the second part you circled 4, for that domain you'd get 40. Add all of those numbers and then divide them by 12 to get your composite score. To get a rough sense of how your score compares to those of the broad public, the average composite result is 61. Do not begin beating yourself up if your score is lower than that. This is a discovery process not a critique, and after all, you've embarked on this journey – give yourself some credit for that. You're here to embrace change.

If you scored quite a few of the domains as low in importance to you, you should consider whether you were being fully honest with yourself about them. It is perfectly reasonable to have some domains that are unimportant. You may not care about citizenship, or the environment, and if you do not have children, you may not care about the parenting practices of others, and so on. That being said, research suggests that if many of these domains are unimportant, that's a contributor to psychological distress. Use this assessment as an opportunity to admit your true values to yourself.

Now, with a good idea of the values domain you'd like to start working on, you're ready to get going.