

Values

How do you want to be? What matters to you?

Instructions: Consider each life domain individually. Imagine **what *specifically* matters to you** about that domain and write a few sentences to describe it. For example, before rating the importance and reinforcement you receive from “Family,” describe who is in your family, what are your relationships like? How do you want to be in relationship with them? Picture their faces. THEN, give the ratings. Do this for each domain (below).

Family
Intimate Relationships
Parenting/Relationships with Children
Friends/Social Life
Community Life
Work/Career
Education/Training/Learning
Spirituality
Recreation/Fun/Creative Work
Health-Related Activities

Batteries Exercise



Intimate Relationships

Parenting/Relationships with Children

Family

Health-Related Activities

Friends/Social Life

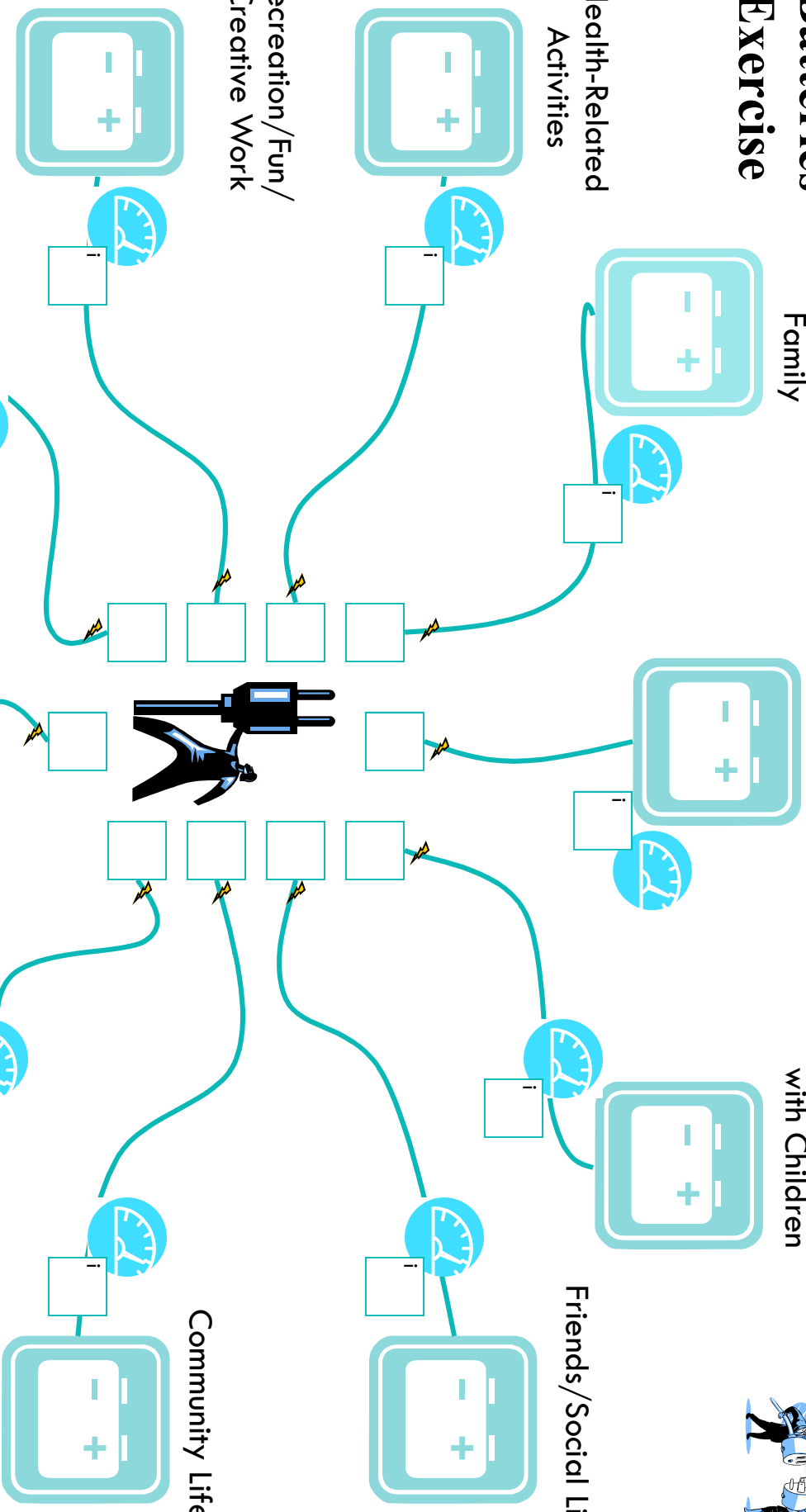
Recreation/Fun/
Creative Work

Community Life

Spirituality

Work/Career

Education/Training/Learning



Instructions: In the outer boxes, place your rating (0-10) of how much importance (!) this domain has in your life. In the inner boxes, place your rating of how much reward, reinforcement, meaning ⚡ you have gotten from each domain in the past 2 weeks.



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