Valued Living Questionnaire

PROGRESS PSYCHOTHERAPY

Happiness can be considered to be living our values. This worksheet has some commonly felt values and boxes for your own. The first rating is how much this value matters to you out of 10. Remember it is how much you value it, not how much you think you should. The second is a rating of how much you have been living this value recently (say the last week). 10 is that you have been living the value as much as possible. If you put less than 10 consider what you could do to live this value even more.

Value	How important it is to me?	How much I am living this value?
Family		
Intimate/ romantic relationships		
Parenting		
Friends/ social life		
Work/career		
Education/ training		
Recreation/fun/ hobbies		
Spirituality		
Citizenship/Community Life		
Physical self care (diet, exercise, sleep)		

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