

## Instructions: Values & Life Domain Exercise

1. Review the “**Quick Look at Your Values**” exercise.
2. Transfer the “V” (very important) values from the list and place them in each Life Domain. (values can be listed in more than one box)
3. Review the values that you listed in each Life Domain.
4. Within each Life Domain, you will notice a smaller box in the top/right corner. Mark a number from **0 – 10** to indicate how important these values are to you, **at this point in your life**.

**0 = not very important to me**

**10 = extremely important to me**

5. Within each Life Domain, you will notice a smaller box in the bottom/right corner. Mark a number from **0 – 10** to indicate how much your choices/actions are aligned with your values listed in each Life Domain.

**0 = choices/actions are not at all aligned with my values**

**10 = choices/actions are extremely aligned with my values**

6. Have a good look at what you have written. What does this tell you, about:
  - a. What is important in your life?
  - b. What are you currently neglecting?
  - c. What barriers (internal/external) might be getting in the way of your values and your willingness to do what matters?

## Values & Life Domain Exercise

Personal Growth	Health	Leisure	Spirituality
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Work/Volunteer	School/Learning	Community	Environment
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social Relationships	Family Relationships	Intimate Partner	Parenting
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*(Adapted from "Living Beyond Your Pain", Dahl & Lundgren)*