

Valued Directions

Below are areas of life that some people value. We are concerned with your quality of life in each of these areas. One aspect of quality of life involves the importance you put on different areas of living. First rate the importance of each area by writing a number on a scale of 0, 1, or 2. Not everyone will value all of these areas, or value all areas the same. Rate each area according to *your own personal sense of importance*. If you rated an area as unimportant (0), move right on to rate the importance of the next area. If you rated an area moderately or very important (1 or 2), make a rating of how satisfied you are with the quality and depth of your experience in this area of life.

<p style="text-align: center;">Domain</p>	<p style="text-align: center;">How important is this area to you? 0 = not at all 1 = moderately 2= very Overall, how satisfied are you with the quality and depth of your experience in this area of life? 0 = not at all 1 = moderately 2= very After completing your ratings, write down your intention of how you would like to live your life in that area (e.g., what is most important to you in that area?)</p>	<p style="text-align: center;">Actions</p> <p style="text-align: center;">What concrete steps would you take to manifest this valued direction in your life?</p>	<p style="text-align: center;">Barriers</p> <p style="text-align: center;">Identify <u>the psychological events or experiences</u> that stand between you and moving forward in this area.</p>
<p>Family: How do you want to interact with your family members? What type of sister or brother (son or daughter mother/ father)?</p>			
<p>Intimate Relationships (e.g., marriage, couples): What is your ideal relationship like? What type of relationship would you like to have? What kind of partner do you want to be in an intimate relationship? How would you treat your partner?</p>			
<p>Friends / Social Life: What type of friend do you want to be? What does it mean to be a good friend? How would you behave toward your best friend? Why is friendship important to you?</p>			

<p>Work / Career: What do you value about your work? Financial security? Intellectual challenge? Independence? Prestige? Getting to interact with other people? Helping people? What type of work would you like to do?</p>			
<p>Education / Training: Why is learning important to you? Are there any skills you'd like to learn?</p>			
<p>Recreation/Fun: What type of activities do you enjoy? What type of activities would you really like to engage in? Why do you enjoy them?</p>			
<p>Spirituality: This domain is about faith and spirituality rather than organized religion. Why is faith important to you? If this is important in your life, what is it that makes this so important?</p>			
<p>Citizenship/Community Life: What can you do to make the world a brighter place? Are community activities (e.g., volunteering, voting, recycling) important to you? Why?</p>			
<p>Health/physical well-being: include your values relating to maintaining your physical well-being. Right about health-related issues such as sleep, diet, exercise, smoking, and so forth.</p>			