

# Valued Living Questionnaire



How important is the quality of life for you in each of the domains outlined below?

		Not at all important					Extremely important				
1.	Family	1	2	3	4	5	6	7	8	9	10
2.	Marriage/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	1	2	3	4	5	6	7	8	9	10
10.	Physical self-care (diet, etc.)	1	2	3	4	5	6	7	8	9	10
<b>Overall importance score</b> (add values together)											

Wilson, K. G., Sandoz, E. K., Kitchens, J., & Roberts, M. (2010). The Valued Living Questionnaire: Defining and measuring valued action within a behavioral framework. *The Psychological Record*, 60, 249–272.

How consistent have your actions been with your values during the past week?

		Completely inconsistent					Completely consistent				
1.	Family	1	2	3	4	5	6	7	8	9	10
2.	Marriage/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	1	2	3	4	5	6	7	8	9	10
10.	Physical self-care (diet, etc.)	1	2	3	4	5	6	7	8	9	10
<b>Overall consistency score</b> (add values together)											
Product of importance and consistency scores for each domain		1	2	3	4	5	6	7	8	9	10
<b>Valued living composite score</b> (mean of the products above)											

# Value Based Goal Setting



Choose an area from the Valued Living Questionnaire to work on

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Identify what you want to to change, why it is important, and how you will do it

I want to change...	Because...	It connects to this value...	My personal goal in relation to this is...	I will commit to the following 1-2 actions to achieve that
1.				
2.				
3.				