

## WORKSHEET: RATING YOUR VALUES AND BEHAVIOUR

Your name: \_\_\_\_\_

Use the scale from 1–10 below to rate your values and behaviour:

**IMPORTANCE: How important is this domain at this point in your life?**

1: not at all important      5: moderately important      10: extremely important

**ACTION: How active have you been with this domain in the last few weeks?**

1: not at all active      5: moderately active      10: extremely active

**SATISFACTION WITH ACTION: How satisfied are you with your recent action in this area?**

1: not at all satisfied      5: moderately satisfied      10: extremely satisfied

Domain	Importance (1–10)	Action (1–10)	Satisfaction with Action (1–10)	Notes
Spouse/partner				
Parenting				
Other family				
Friends				

Work				
Education, Training				
Household Management				
Community Involvement				
Personal wellbeing				
Personal growth				
Recreation, Leisure				
Spirituality				
Appreciation of beauty				
Other				