

WORKSHEET: Rating Your Values and Behavior

Your name: _____

Domain	Importance (1-10)	Action (1-10)	Satisfaction with action (1-10)	Notes
Spouse or partner				
Parenting				
Other family				
Friends				
Work				
Education and training				

Household management				
Community involvement				
Self-care				
Personal growth				
Recreation and leisure				
Spirituality				
Appreciation of beauty				
Other:				