

Valued Living Questionnaire

(Wilson, 2002)

Life Component	Less Important				Moderately Important				Extremely Important			
Family (other than romantic relationships or parenting)	0	1	2	3	4	5	6	7	8	9	10	
Romantic relationships (marriage, life partners, dating, and so on)	0	1	2	3	4	5	6	7	8	9	10	
Parenting	0	1	2	3	4	5	6	7	8	9	10	
Friends and social life	0	1	2	3	4	5	6	7	8	9	10	
Work	0	1	2	3	4	5	6	7	8	9	10	
Education and training	0	1	2	3	4	5	6	7	8	9	10	
Recreation, interests, hobbies, music, and art	0	1	2	3	4	5	6	7	8	9	10	
Spirituality and religion	0	1	2	3	4	5	6	7	8	9	10	
Citizenship and community life	0	1	2	3	4	5	6	7	8	9	10	
Self-care (exercise, diet, relaxation, and so on)	0	1	2	3	4	5	6	7	8	9	10	