

## Life Areas, Values, and Activities Inventory

### Life Area (1/5): Relationships/Social Life

#### Examples:

Value: Being a loving parent

Activity: Tell my child I love them every day

Activity: Make a special breakfast for my child on Saturday

Activity: Pick up my child from school promptly each day

Value: Being an attentive and caring friend

Activity: Call my friend once per week

Activity: Text my friend

Activity: Ask my friend about his/her week

Value: Caring for the needs of your spouse

Activity: Make special plans with spouse

Activity: Tell spouse I love them every day

Activity: Buy my partner a surprise gift

<b>Value:</b>	<b>Enjoyment (0-10)</b>	<b>Importance (0-10)</b>
Activity 1:		
Activity 2:		
Activity 3:		

<b>Value:</b>	<b>Enjoyment (0-10)</b>	<b>Importance (0-10)</b>
Activity 1:		
Activity 2:		
Activity 3:		

Adapted from Lejuez et al, Behav Modif 2011

## Life Area (2/5): Education/Career/Contributing

### Examples:

Value: Get more formal education

Activity: Ask a friend for advice about school

Activity: Write out a plan for enrolling in school

Value: Learn new skills for work

Activity: Ask someone at work to teach me a new skill

Activity: Take a class

Value: Be knowledgeable about the world around you

Activity: Read the newspaper everyday

Activity: Talk about current events to a stranger

Value: Use your knowledge and skills to help others

Activity: Explore volunteer opportunities at the community center

Activity: Knit blankets for the homeless shelter

Value: Find a new job that fits with your skills and interests

Activity: Look at job advertisements

Activity: Talk to someone who has a job available

<b>Value:</b>	<b>Pleasure (0-10)</b>	<b>Sense of Accomplishment (0-10)</b>
Activity 1:		
Activity 2:		
Activity 3:		

<b>Value:</b>	<b>Pleasure (0-10)</b>	<b>Sense of Accomplishment (0-10)</b>
Activity 1:		
Activity 2:		

Activity 3:		
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### Life Area (3/5): Recreation/Interests/Creativity

#### Examples:

Value: Being active

Activity: Go to the park with my son

Activity: Take a walk outside

Activity: Play football on Saturday

Value: Being artistic and creative

Activity: Take painting classes

Activity: Make crafts

Value: Making a sacrifice for something you believe in

Activity: Start a petition

Activity: Spend time helping at my place of worship

Value: Helping others less fortunate or who need help

Activity: Donate clothes

Activity: Spend 30 minutes helping an elderly person

<b>Value:</b>	<b>Pleasure (0-10)</b>	<b>Sense of Accomplishment (0-10)</b>
Activity 1:		
Activity 2:		
Activity 3:		

<b>Value:</b>	<b>Pleasure (0-10)</b>	<b>Sense of Accomplishment (0-10)</b>
Activity 1:		
Activity 2:		
Activity 3:		

**Life Area (4/5): Mind, Body, & Spirituality**

**Examples:**

Value: Being physically healthy

Activity: Go to a doctor for a physical/check-up

Activity: Eat fruit everyday

Activity: Take my medication as prescribed

Value: Talking to someone about your problems and feelings

Activity: Ask someone to lunch to talk

Activity: Write in a journal

Value: Developing your religious/spiritual views

Activity: Talk with a religious figure

Activity: Talk to others with religious beliefs you are interested in

Value: Living a spiritual life

Activity: Pray everyday

Activity: Read my religious material

Activity: Attend a religious service

Value: Being tolerant, non-judgmental, accepting of others differences

Activity: Talk to someone with a different background

Activity: Read a book about a different culture

<b>Value:</b>	<b>Pleasure (0-10)</b>	<b>Sense of Accomplishment (0-10)</b>
Activity 1:		
Activity 2:		
Activity 3:		

<b>Value:</b>	<b>Pleasure (0-10)</b>	<b>Sense of Accomplishment (0-10)</b>
Activity 1:		
Activity 2:		

Activity 3:		
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## Life Area (5/5): Responsibilities

### Examples:

#### Value: Being someone others can depend upon

Activity: Arrive at work on time

Activity: Offer to help someone who is very busy

Activity: Repay a debt

#### Value: Taking care of your belongings

Activity: Complete a much-needed household repair

Activity: Wash your clothes/shoes

Activity: Clean the house

#### Value: Being organized

Activity: Review my days activities the night before

Activity: Use a calendar to record dates and meetings

Activity: Develop a filing system for important paperwork

<b>Value:</b>	<b>Pleasure (0-10)</b>	<b>Sense of Accomplishment (0-10)</b>
Activity 1:		
Activity 2:		
Activity 3:		

<b>Value:</b>	<b>Pleasure (0-10)</b>	<b>Sense of Accomplishment (0-10)</b>
Activity 1:		
Activity 2:		
Activity 3:		