

Valued Living Questionnaire-2

Below are areas of life that are valued by some people. We are concerned with your quality of life in each of these areas. There are several aspects that we ask you to rate. Ask yourself the following questions when you make ratings in each area. Not everyone will value all of these areas, or value all areas the same. Rate each area according to your own personal view of each area.

Possibility: How possible is it that something very meaningful could happen in this area of your life? Rate how possible you think it is on a scale of 1-10. 1 means that it is not at all possible at all and 10 means that it is very possible.

Current Importance: How important is this area at this time in your life? Rate the importance on a scale of 1-10. 1 means the area is not at all important and 10 means that the area is very important.

Overall Importance: How important is this area in your life as a whole? Rate the importance on a scale of 1-10. 1 means that the area is not at all important and 10 means that the area is very important.

Action: How much have you acted in the service of this area during the past week? Rate your level of action on a scale of 1-10. 1 means you have not been active at all with this value and 10 means you have been very active with this value.

Satisfied with Level of Action: How satisfied are you with your level of action in this area during the past week? Rate your satisfaction with your level of action on a scale of 1-10. 1 means you are not at all satisfied and 10 means you are completely satisfied with your level of action in this area.

Concern: How concerned are you that this area will not progress as you want? Rate your level of concern on a scale of 1-10. 1 means that you are not at all concerned and 10 means that you are very concerned.

	Possibility	Current Importance	Overall Importance	Action	Satisfied with Action	Concern
1. Family (other than couples or parenting)						
2. Marriage/Couples/ Intimate Relation						
3. Parenting						
4. Friends/Social Life						
5. Work						
6. Education/Training						
7. Recreation/Fun						
8. Spirituality						
9. Community Life						
10. Physical Self-Care (diet/ exercise/sleep)						
11. The Environment (caring for the planet)						
12. Aesthetics (art, music, literature, beauty)						

If you could chose five of these twelve areas to work one, which would they be?

If you could choose just three of the twelve, which would they be?

If you could choose just one of the twelve areas to work on, which would it be?
