

Values Assessment Rating Form

Read through the list of valued domains below. In the Valued Direction column for each of the 10 domains, please write a few words to summarize how you'd like to embody a given value in your life (e.g., 'To be a loving, supportive, caring partner'). In the Importance column, please rate how important this value is to you on a scale of 0 (low important) to 10 (high importance). It's okay to have several values scoring the same number. In the Effort column, please rate how much effort you have put forth in each valued domain during the past month on a scale of 0 (no effort at all) to 10 (maximum effort). Finally, in the Consistent Living column, please calculate the difference between Importance and Effort for each of the 10 domains such that **Importance – Effort = Consistent Living**. Your total for each domain will range from -10 to +10.

Domain	Valued Direction (Write a brief summary—one or two sentences, or a few key words.)	Importance (0 to 10)	Effort (0 to 10)	Consistent Living (-10 to + 10)
Intimate/romantic relationships				
Parenting				
Family relations				
Social relations				
Career/ employment				
Education/ training				
Recreation				
Spirituality				
Citizenship/ community				
Health/ Physical well-being				