

Values Bull's Eye Worksheet

The Bull's Eye dartboard (below) is divided into four areas of living that are important in people's lives: work/education, leisure, relationships and personal growth/health.

- 1) Work/Education refers to your career aims, your values about improving your education and knowledge, and generally feeling of use to those close to you or to your community (i.e., volunteering, overseeing your household, etc.)
- 2) Leisure refers to how you play in your life, how you enjoy yourself, your hobbies or other activities that you spend your free time doing (i.e., gardening, sewing, coaching a children's soccer team, fishing, playing sports)
- 3) Relationships refers to intimacy in your life, relationships with your children, your family of origin, your friends and social contacts in the community
- 4) Personal growth/health refers to your spiritual life, either in organized religion or personal expressions of spirituality, exercise, nutrition, and addressing health risk factors like drinking, drug use, smoking, weight

In this exercise, you will be asked to look more closely at your personal values in each of these areas and write them out. Then, you will evaluate how close you are to living your life in keeping with your values. You will also take a closer look at the barriers or obstacles in your life that stand between you and the kind of life you want to live.

Identify Your Values

Start by describing your *values*. Think about each area in terms of your dreams, like you had the possibility to get your wishes completely fulfilled. What are the qualities that you would like to get out of each area and what are your expectations from these areas of your life? Your value should not be a specific goal but instead reflect a way you would like to live your life over time. For example, getting married might be a goal you have in life, but it just reflects your value of being an affectionate, honest and loving partner. To accompany your son to a baseball game might be a goal; to be an involved and interested parent might be the value. It is *your* personal values that are important in this exercise.

Value: _____

Now, look again at the values you have written above. Think of your value as "Bull's Eye" (the middle of the dart board). Bull's Eye is exactly how you want your life to be, a direct hit, where you are living your life in a way that is consistent with your value. Now, make an X on the dart board in each area that best represents where you stand today. An X in Bull's Eye means that you are living completely in keeping with your value for that area of living. An X far from Bulls Eye means that your life is way off the mark in terms of how you are living your life.

My life is just as I want it to be

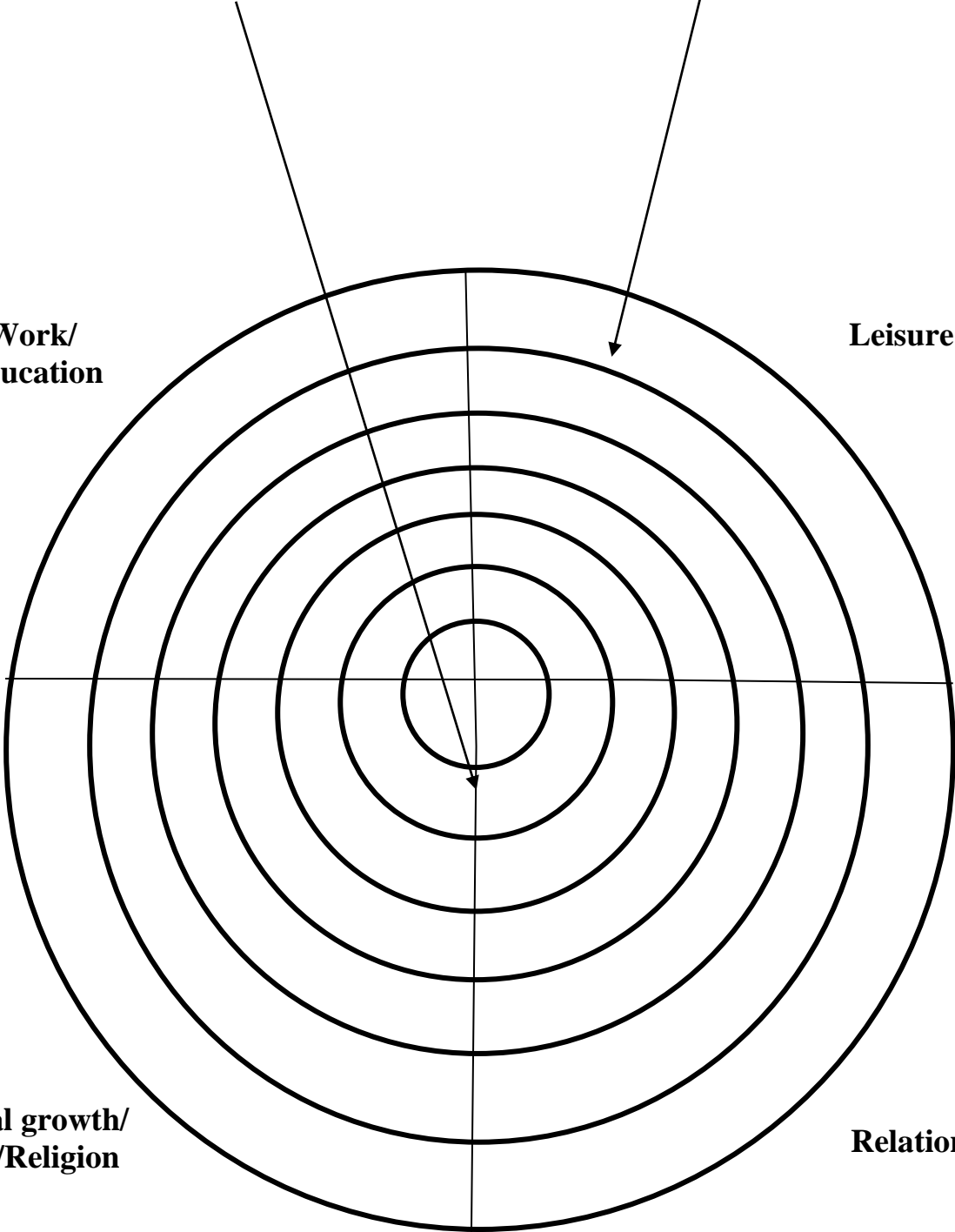
My life is far from how I want it to be

**Work/
Education**

Leisure

**Personal growth/
Health/Religion**

Relationships



My Valued Action Plan

Think about actions you can take in your daily life that would tell you that you are zeroing in on the bullseye in each important area of your life. These actions could be small steps toward a particular goal, or they could just be actions that reflect what you want to be about as a person. Usually, taking a valued step includes being willing to encounter the obstacle (s) you identified earlier and to take the action anyway. ***Try to identify at least one value-based action you are willing to take in each of the four areas listed below.***

Goals: _____

References

Lundgren, T., Luoma, J. B., Dahl, J., Strosahl, K., & Melin, L. (2012). The bull's-eye values survey: a psychometric evaluation. *Cognitive and Behavioral Practice, 19*(4), 518-526.

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