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| --- | --- | --- |
| **Value** | **Description of value** | **Rating****Not at all important Moderately Important Extremely Important****0 1 2 3 4 5 6 7 8 9 10**  |
| Family (Other than romantic relationship or parenting) | What sort of brother/sister, son/daughter, uncle/auntie do you want to be? What personal qualities would you like to bring to those relationships? What sort of relationships would you like to build?  |  |
| Romantic relationships (Marriage, life partner, dating & so on). | What sort of partner would you like to be in an intimate relationship? What personal qualities would you like to develop? How would you interact with your partner if you were the ‘ideal you’ in this relationship? |  |
| Parenting | What sort of parent would you like to be? What sort of qualities would you like to have? What sort of relationships would you like to build with your children?  |  |
| Friends & social life | What sort of qualities would you like to bring to your friendships? If you could be the best friend possible, how would you behave towards your friends?  |  |
| Work | What do you value in your work? What would make it more meaningful? What kind of worker would you like to be? What sort of work relations would you like to build? |  |
| Education & training | What do you value about learning, education, training, or personal growth? What new skills would you like to learn? What knowledge would you like to gain? What further education appeals to you?  |  |
| Recreation & Fun | What sorts of hobbies do you enjoy? How do you relax and unwind? How do you have fun? What sorts of activities would you like to do? |  |
| Spirituality & religion | What is important to you in this area of life? |  |
| Citizenship & Community life | How would you like to contribute to your community or environment, What sort of environments would you like to create at home, and at work? |  |
| Self-care | What are your values related to maintaining your physical well-being? How do you want to look after your health, with regard to sleep, diet, exercise, smoking, alcohol, etc? Why is this important? |  |

***Combat Stress****. Session 4*

 My Values

Adapted from Kelly Wilson Valued Living Questionnaire and Russ Harris, The Happiness Trap