
EXERCISE: THE VALUED DIRECTIONS WORKSHEET

Step 1: Make Your Importance Ratings

Start by rating the importance of each area by circling a number on the Importance Scale (0, 1, or 2). It's okay if you don't value all areas, or you don't rate them as being equally important. Simply rate each area according to *your own personal sense of its importance*. It's also fine if you end up rating only one or two areas as very important or if you rate most areas as important to you. What matters here is that you look inside yourself and make an honest rating of what's important to you personally.

If you rated an area as unimportant (0), then move on and rate the next area. Continue until you've rated the importance of all value domains.

Step 2: Rate Your Satisfaction

Go back and focus on areas that you rated as moderately (1) or very important (2). Pause and reflect on those areas. Then, using the Satisfaction Scale, rate how satisfied you are (0, 1, or 2) with the quality and depth of your life in each important area.

Step 3: Write Your Intentions

After completing your ratings, go back to each value you rated as either moderately important (1) or very important (2) and write down your intentions. An intention is a statement that reflects the direction you want to move in for the foreseeable future. It's simply a statement of how you'd like to live your life. It should capture what's most important to you in that area. These statements should be real in the sense that they genuinely reflect your wishes. So listen to and follow your heart. Really make an effort to come up with statements rooted in your experience. This will give your values greater pull over your actions when your WAFs are in danger of pulling you away from where you want to go.

Value intentions are not goals. They have no end point at which you can say, "Now I've accomplished that." You shouldn't be able to tick them off a list. Instead, they should speak to how you want to live every day of your life. If you're having difficulty coming up with an intention statement because you're unsure what a particular domain is about, ask yourself the questions we list in each area.

Now go ahead and write your value intentions directly on the lines provided. Do this for all areas you rated 1 or 2 in terms of importance:

The Valued Directions Worksheet

I. Work/career

Importance: 0 = not at all important 1 = moderately important 2 = very important

Satisfaction: 0 = not at all satisfied 1 = moderately satisfied 2 = very satisfied

Intention: What do I want my work or career to be about or stand for? What is important to me about my work (for example, financial security, intellectual challenge, independence, prestige, interacting with or helping people, and so on)?

2. Intimate relationships (e.g., marriage, couples)

Importance: 0 = not at all important | 1 = moderately important | 2 = very important

Satisfaction: 0 = not at all satisfied | 1 = moderately satisfied | 2 = very satisfied

Intention: What kind of partner would I most like to be within an intimate relationship? What type of marital or couple relationship would I like to have? How do I want to treat my partner?

3. Parenting

Importance: 0 = not at all important | 1 = moderately important | 2 = very important

Satisfaction: 0 = not at all satisfied | 1 = moderately satisfied | 2 = very satisfied

Intention: What type of parent do I want to be? How do I want to interact with my children?

4. Education/learning (personal growth)

Importance: 0 = not at all important | 1 = moderately important | 2 = very important

Satisfaction: 0 = not at all satisfied | 1 = moderately satisfied | 2 = very satisfied

Intention: Why is learning important to me? What skills, training, or areas of competence would I like to acquire? What would I really like to learn more about?

5. Friends/social life

Importance: 0 = not at all important | 1 = moderately important | 2 = very important

Satisfaction: 0 = not at all satisfied | 1 = moderately satisfied | 2 = very satisfied

Intention: What kind of friend do I want to be? What does it mean to be a good friend? How do I behave toward my best friend? Why is friendship important to me?

6. Health/physical self-care

Importance: 0 = not at all important | 1 = moderately important | 2 = very important

Satisfaction: 0 = not at all satisfied | 1 = moderately satisfied | 2 = very satisfied

Intention: How and why do I take care of myself? Why do I want to take care of my body and my health through what I eat, by exercising, or by being physically fit?

7. Family of origin (family relationships other than marriage or parenting)

Importance: 0 = not at all important | 1 = moderately important | 2 = very important

Satisfaction: 0 = not at all satisfied | 1 = moderately satisfied | 2 = very satisfied

Intention: How do I want to interact with my family members? What type of sister or brother do I want to be? What type of son or daughter do I want to be?

8. Spirituality

Importance: 0 = not at all important | 1 = moderately important | 2 = very important

Satisfaction: 0 = not at all satisfied | 1 = moderately satisfied | 2 = very satisfied

Intention: What are the mysteries of life before which I stand in awe? What are the things larger than my own life that inspire me? In what (if anything) do I have faith?

9. Community life/environment/nature

Importance: 0 = not at all important | 1 = moderately important | 2 = very important

Satisfaction: 0 = not at all satisfied | 1 = moderately satisfied | 2 = very satisfied

Intention: What can I do to make the world a better place? Why are community activities (such as volunteering, voting, recycling) important to me? What do I care about in the environment or nature (e.g., being outdoors, gardening, hiking, camping, communing with nature)?

10. Recreation/leisure

Importance: 0 = not at all important | 1 = moderately important | 2 = very important

Satisfaction: 0 = not at all satisfied | 1 = moderately satisfied | 2 = very satisfied

Intention: How do I feed myself through hobbies, sports, or play? Why do I enjoy these things?
