

# Values Bull's-Eye

Naming what matters and seeing where you are right now.

Values are how you want to show up in a part of your life. They are directions, not destinations; you live closer to them or further from them, day by day. For each of the four domains below: name what matters to you in your own words, mark how close you are living to it right now, and pick one small move that would bring you closer. Take them in any order.

## Work and contribution

*What is the work for? What kind of contributor do you want to be?*

**What matters to you here, in your own words**

**How close are you to living this right now**

*(1 = far away, 10 = right on target)*

**One small move that would bring you closer**

## Relationships

*How do you want to show up with the people who matter most?*

**What matters to you here, in your own words**

**How close are you to living this right now**

*(1 = far away, 10 = right on target)*

**One small move that would bring you closer**

## Values Bull's-Eye (continued)

### Health and growth

*How do you want to treat your body and your mind over time?*

**What matters to you here, in your own words**

**How close are you to living this right now**

*(1 = far away, 10 = right on target)*

**One small move that would bring you closer**

### Leisure and rest

*What do you want a real day off to feel like?*

**What matters to you here, in your own words**

**How close are you to living this right now**

*(1 = far away, 10 = right on target)*

**One small move that would bring you closer**

**What patterns or surprises do you notice across the four domains**

*What stands out when you look at all four together?*

**Book a free 15-minute consult**

*A free, 15-minute call with Sean, a Canadian Certified Counsellor. No pressure, just a conversation.*

[Join the newsletter](#) · [Leave a Google review](#)

*A review of these free tools is public and optional, so no pressure, especially if you're a current client.*