Values Bull’s-Eye

Naming what matters, and seeing how close your days are to it.

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, start by naming what matters to you in your own words. Rate how important it is and how close you are living to it right now. Then pick one small move that would bring you closer. A wide gap between what matters and how you are living is often where a small move counts most. 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 important is this to you? *1 = not very, 10 = deeply*

How close are you living it 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 important is this to you? *1 = not very, 10 = deeply*

How close are you living it now? *1 = far away, 10 = right on target*

One small move that would bring you closer

Educational content; not a substitute for therapy. If you are working through something significant, consider connecting with a counsellor or your family doctor.

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 important is this to you? ☐ *1 = not very, 10 = deeply*

How close are you living it 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 important is this to you? ☐ *1 = not very, 10 = deeply*

How close are you living it now? ☐ *1 = far away, 10 = right on target*

One small move that would bring you closer

Look across all four; where is the gap widest

Where a domain matters a lot but you are living far from it is often where to start.

The long view

Imagine the people who matter most speaking about your life at your 80th birthday. What would you most want them to be able to say?

Book a free 15-minute consult

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

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