

Seminar 3 Worksheet: Values Compass

Values are what we find meaningful in life. They are what you care about and consider to be important. Values are different for everybody, and they can change over time. These are what we began to discuss in the Heading West Metaphor during the last RIO seminar. They aren't goals so much as a direction.

The domains below are valued by some people. Leaving aside any obstacles for the moment, think about what is important to you, and what you think makes for a meaningful life that you could value.

Family Relations

*What kind of relationships do you want with your family?
What kind of mother/father/brother/sister/uncle/aunt do you want to be?*

Physical Wellbeing

What kind of values do you have regarding your physical wellbeing? How do you want to look after yourself?

Partner Relationships

*What kind of husband/wife/partner do you want to be?
What quality of relationship do you want to be a part of?*

Citizenship / Community

What kind of environment do you want to be a part of? How do you want to contribute to your community?

Parenting

*If applicable, what sort of parent do you want to be?
What qualities do you want your children to see in you?*

Spirituality

If applicable, what kind of relationship do you want with God(s) / nature / the Earth?

Social Relationships

*What sort of friend do you want to be?
What friendships is it important to cultivate? How would you like to act towards your friends?*

Recreation

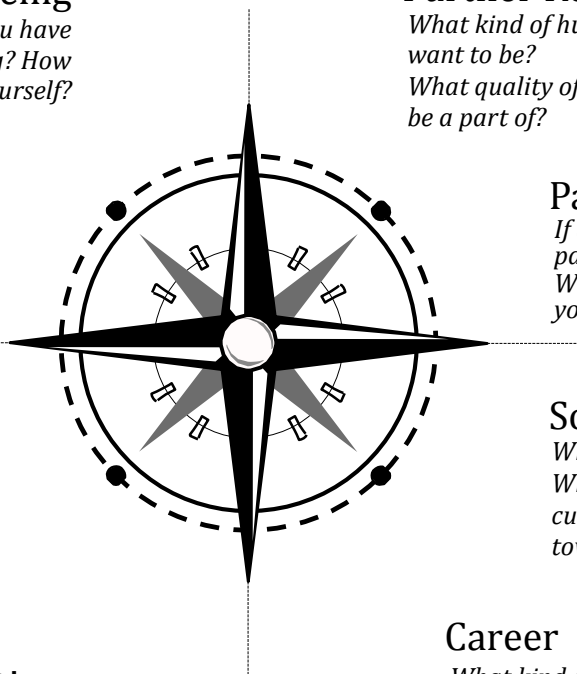
*How would you like to enjoy yourself?
What relaxes you?
When are you most playful?*

Career

*What kind of work is valuable to you?
What qualities do you want to bring as an employee? What kind of work relationships would you like to build?*

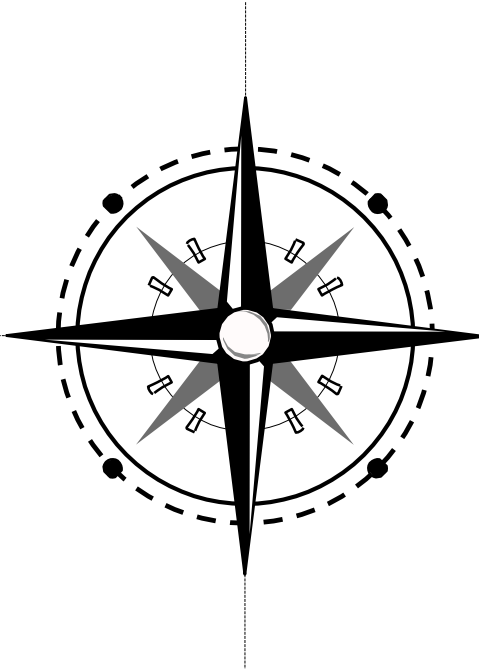
Education/Growth

*How would you like to grow?
What kinds of skills would you like to develop? What would you like to know more about?*



Adapted from: Wilson, Sandoz, Kitchens, & Roberts. (2010). The Valued Living Questionnaire: Defining and measuring valued action within a behavioural framework. *The Psychological Record*, 60, 249-272.

For each of these domains write a quick summary of your values, such as, “to live a healthy life and take care of my body” (physical wellbeing), or “to be a good friend to people who need me, and to enjoy my time with the people I love” (friendships). Rate each domain for how important it is to you from 0 (not important) to 10 (very important).

<p>Physical Wellbeing</p>	<p>Family Relations</p>	<p>Partner Relationships</p>
<p>Citizenship/Community</p>		<p>Social Relationships</p>
<p>Spirituality</p>		<p>Parenting</p>
<p>Recreation</p>	<p>Education/Growth</p>	<p>Career</p>