

What matters to me, and how close am I living to it

A worksheet for naming your values across the areas of your life, seeing where your days line up with them and where they don't, and turning one gap into a small action this week.

CLIENT NAME OR INITIALS

DATE

CLINICIAN

01 How to use this worksheet

Take section 02 one row at a time. Write what matters to you in that area, then rate two things: how important it is, and how closely the last month has matched it. Skip any row that doesn't apply.

A value is a direction, not a finish line. "Being a steady friend" is a value. "Get married" is a goal. Aim for the direction.

WHY IT HELPS

Naming what matters, and then looking honestly at the distance between that and how you spend your time, tends to make the next step clearer than trying to feel differently first. Nobody lives in full alignment with their values. The gap is information, not a grade.

02 Your values, area by area Rate each row 0 (not at all) to 10 (completely).

STUCK FOR WORDS: honesty · closeness · steadiness · courage · patience · fairness · curiosity · humor · loyalty · generosity · discipline · creativity · faith · rest · service

AREA OF LIFE	WHAT MATTERS TO ME HERE	IMPORTANT (0-10)	LIVING IT (0-10)
Family Parent, child, sibling			
Close relationships Partner, closest friends			
Friends, community Wider circle, groups			
Work or study How you work, not what you achieve			
Health Body, sleep, food, movement			
Personal growth Learning, meaning, rest, play			
<i>Your own</i>			

03 Work one gap

Look back at section 02 and find a row where the two numbers are furthest apart. One row is enough. You are not trying to close the gap this week, only to move one step in the direction you named.

THE VALUE I'M CHOOSING

Copy it from section 02.

WHY THIS ONE MATTERS TO ME

Not why it should. Why it does.

WHAT GETS IN THE WAY

Anything that shows up between you and acting on this: a feeling, a thought, tiredness, other people, time, money.

ONE THING I'LL DO THIS WEEK

Small and specific. Something you could do even on a bad day.

WHEN AND WHERE	HOW I'LL KNOW I DID IT	DONE?

04 Reflection

Which area was hardest to put into words, and what do you make of that?

Is any value on your list there because someone else expects it of you rather than because you chose it?

What would you want to bring back to your next session?

NOTES

Client or clinician

If you are in crisis or thinking about harming yourself, call or text 988 (Suicide & Crisis Lifeline) in the U.S., 24/7, or contact your local emergency number.