

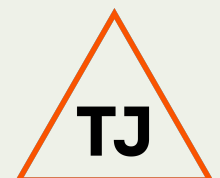
# Valued Living Questionnaire

## Example Report

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Developed by Wilson, K. G. & Groom, J. (2002).

Adapted by [Toby Jenkins](#) and [Unpack Psychology](#).



# About this report

The Valued Living Questionnaire (VLQ) was designed by Kelly Wilson to help you identify your most important values and examine how well you are living in accordance with those values.

This particular version has been adapted by Unpack Psychology in conjunction with Olympian and high performance coach [Toby Jenkins](#).

By reflecting on and prioritising the following 12 values, you can enhance your overall well-being and work on building your sense of purpose in life.

The domains are derived from in-depth interviews with individuals from diverse backgrounds to identify areas of life that were particularly meaningful to them. The domains included in the VLQ are not intended to be prescriptive or universal,

For more information, see:

1. Wilson, K. G. & Groom, J. (2002). The Valued Living Questionnaire. Available from Kelly Wilson.
2. Wilson, K. G. & Murrell, A. R. (2004). Values work in acceptance and commitment therapy: Setting a course for behavioral treatment. In S. C. Hayes, V. M. Follette, & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive behavioral tradition* (pp. 120-151). New York, NY: Guilford Press.

# Your results

Domain	Importance	Consistency	Discrepancy
1. Family	3	4	Low
2. Intimate relations	5	1	High
3. Parenting	5	5	Low
4. Friends/ Social life	4	5	Low
5. Work	5	1	High
6. Finances	4	5	Low
7. Education/ training	3	2	Moderate
8. Recreation/ fun	2	5	Low
9. Spirituality	3	2	Moderate
10. Community Life	4	5	Low
11. Physical self care (diet, exercise, sleep)	5	2	High
12. Environmental issues	5	5	Low

# Design action

Did any of your answers surprise you? Why?

If you could focus only on one of these domains, which would it be?

What specific action might you take to improve this domain's satisfaction score by just 1 or 2 points in the next 24-48 hours? (What, Who, Where, When...)

How might you combine your high importance domains into a single activity?