



## Value Domains

Examine each value domain and rate its importance to you on a scale of 1 (not important at all) to 10 (extremely important). Subsequently, rate how consistent your actions in the last week have been with this importance also on a scale of 1 (not at all consistent with value) to 10 (completely consistent with value). Reflect on which areas are experiencing a mismatch, the reasons for this, and where you want to make some change.

