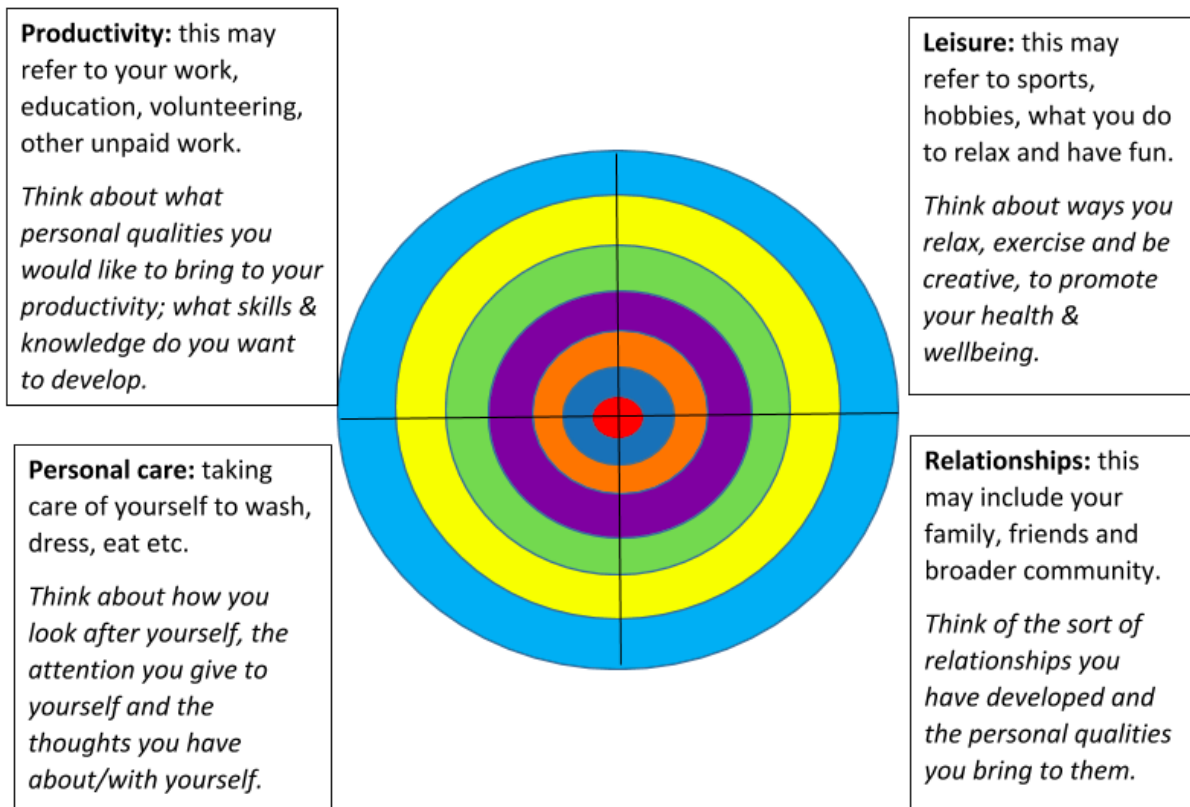


Are you engaged in activities that reflect your values?

Use the bull's eye to mark how close/far you are from fully living out your valued activities. The further out you are marking, the more inconsistency you feel between your daily activities and your values.



Think about ways to move one step closer to the bull's eye. This will focus your attention in setting goals that reflect your values. Record your goals.

Adapted from Tobias Lundgren's "The Bull's Eye" as recorded in The Happiness Trap by Russ Harris (2008)