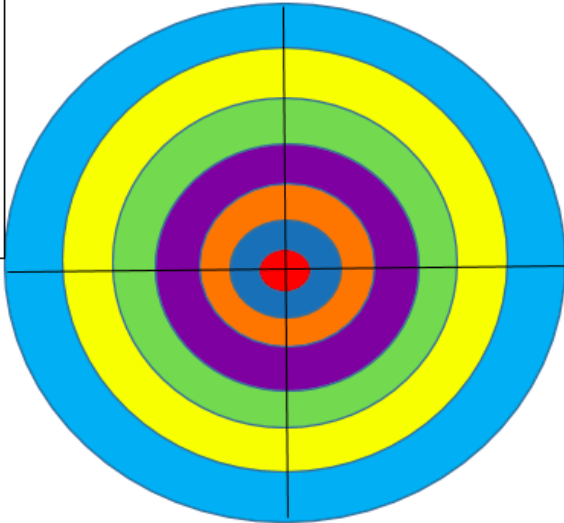


Are you engaged in activities that reflect your values?

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.



Productivity: this may refer to your work, education, volunteering, other unpaid work.

Think about what personal qualities you would like to bring to your productivity; what skills & knowledge do you want to develop.

Leisure: this may refer to sports, hobbies, what you do to relax and have fun.

Think about ways you relax, exercise and be creative, to promote your health & wellbeing.

Personal care: taking care of yourself to wash, dress, eat etc.

Think about how you look after yourself, the attention you give to yourself and the thoughts you have about/with yourself.

Relationships: this may include your family, friends and broader community.

Think of the sort of relationships you have developed and the personal qualities you bring to them.

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)