



Assessing Values and Creating Balance

Rate **how important this domain** is on a scale from 1 (most important) to 10 (least important). It's difficult but try not to have any domain scoring the same number.

Now rate where you currently spend your most time (looking back over this past month) from 1 (most time spent) to 10 (no time spent).

Finally, for each of the ten domains, **subtract B from A** to get your **Balance Score**. The objective is have balance score of 0, meaning you spend the more time and energy in activities you value most, and the less time spent on the things you value least.

A **positive score** suggests you are over-investing (spending too much time) in this domain; a **negative score** suggests you are under-investing (spending too little time) on this domain.

Domain	(A) How do you Rank each Domain in order of Importance 1 most to 10 least	(B) Where do you currently spend your most time 1 most to 10 least	Balance Score A - B	Value Direction (write one or two or a few key words)
Couples/ Intimate relationships				
Parenting				
Family relations				
Social relations				
Employment				
Education and Training				
Recreation				
Spirituality				
Citizenship/ community				
Health / physical well-being				