Personal Values Questionnaire II

Instructions:

Following this instruction sheet, you will find 9 additional pages. Each page includes one of the Values Domains (areas of your life you may find important) listed below, in order.

Values Domains:

1. Family Relationships
2. Friendships/Social Relationships
3. Couples/Romantic Relationships
4. Work/Career
5. Education-Schooling/Personal Growth and Development
6. Recreation/Leisure/Sport
7. Spirituality/Religion
8. Community/Citizenship
9. Health/Physical Well-Being

On each page that follows, please read carefully through the values domain description and write down YOUR values (ways of living and doing things related to that Values Domain that are very important to you) where indicated.

Below each of the values that you write down, you will see a series of 9 questions asking different things about those individual values. Please answer each of these questions by circling the numbers that are true for you, on each page that you list a personal value.

If you have any questions about how to complete this questionnaire, please ask the person who handed them out to you.

Remember: Your name will not be on this questionnaire, so no one will know what values you write down. Because of this, please describe your values as if no one will ever see this worksheet.

Measure developed by J. T. Blackledge, Joseph Ciarrochi, & Ann Bailey; adapted from the Personal Strivings Measure developed by Kennon Sheldon & colleagues.
**Personal Value #1: Family Relationships**

**Instructions:** If this is an area of your life that is very important to you, describe the person you would most like to be in your relationships with your parents, siblings, and/or children (do not include Couples/Romantic Relationships). For example, some people who want close relationships with these family members value being caring, supportive, open, honest, kind, and attentive — but you should decide for yourself what kind of person you value being in your family relationships.

Please write down your Family Relationships values here:

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

Please answer the following questions by circling the number (on the right) that is true for you:

<table>
<thead>
<tr>
<th>Question</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How important is this value to you?</td>
<td>Not at all important</td>
<td>A little bit important</td>
<td>Moderately important</td>
<td>Quite important</td>
<td>Extremely important</td>
</tr>
<tr>
<td>2. How committed are you to living this value?</td>
<td>Not at all committed</td>
<td>Slightly committed// Moderately committed</td>
<td>Quite committed</td>
<td>Extremely committed</td>
<td></td>
</tr>
<tr>
<td>3. Right now, would you like to improve your progress on this value?</td>
<td>Not at all</td>
<td>A little bit</td>
<td>Moderately so</td>
<td>Quite a bit</td>
<td>Extremely so</td>
</tr>
<tr>
<td>4. In the last 10 weeks, I have been this successful in living this value:</td>
<td>0-20% Successful</td>
<td>21-40% Successful</td>
<td>41-60% Successful</td>
<td>61-80% Successful</td>
<td>81-100% Successful</td>
</tr>
<tr>
<td>5. I value this because:</td>
<td>1 Strongly Disagree</td>
<td>2 Moderately Disagree</td>
<td>3 Neither Disagree nor Agree</td>
<td>4 Moderately Agree</td>
<td>5 Strongly Agree</td>
</tr>
<tr>
<td>a. Other people would be upset with me if these values were not important to me.</td>
<td>1 Strongly Disagree</td>
<td>2 Moderately Disagree</td>
<td>3 Neither Disagree nor Agree</td>
<td>4 Moderately Agree</td>
<td>5 Strongly Agree</td>
</tr>
<tr>
<td>b. I would feel guilty or ashamed if these values were not important to me.</td>
<td>1 Strongly Disagree</td>
<td>2 Moderately Disagree</td>
<td>3 Neither Disagree nor Agree</td>
<td>4 Moderately Agree</td>
<td>5 Strongly Agree</td>
</tr>
<tr>
<td>c. These values are important to me, whether or not others agree</td>
<td>1 Strongly Disagree</td>
<td>2 Moderately Disagree</td>
<td>3 Neither Disagree nor Agree</td>
<td>4 Moderately Agree</td>
<td>5 Strongly Agree</td>
</tr>
<tr>
<td>d. Living consistently with these values makes my life more meaningful</td>
<td>1 Strongly Disagree</td>
<td>2 Moderately Disagree</td>
<td>3 Neither Disagree nor Agree</td>
<td>4 Moderately Agree</td>
<td>5 Strongly Agree</td>
</tr>
<tr>
<td>e. I experience fun and enjoyment when I live consistently with these values.</td>
<td>1 Strongly Disagree</td>
<td>2 Moderately Disagree</td>
<td>3 Neither Disagree nor Agree</td>
<td>4 Moderately Agree</td>
<td>5 Strongly Agree</td>
</tr>
</tbody>
</table>
Personal Value #2: Friendships/Social Relationships

Instructions: If this is an area of your life that is very important to you, describe the person you would most like to be in your friendships and other social relationships. For example, some people who want close relationships with friends value being caring, supportive, open, honest, kind, and attentive—but you should decide for yourself what kind of person you value being in your friendships.

Please write down your Friendships/Social Relationships values here:

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

Please answer the following questions by circling the number (on the right) that is true for you:

<table>
<thead>
<tr>
<th>Question</th>
<th>1 Not at all important</th>
<th>2 A little bit important</th>
<th>3 Moderately important</th>
<th>4 Quite important</th>
<th>5 Extremely important</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How important is this value to you?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>2. How committed are you to living this value?</td>
<td>1 Not at all committed</td>
<td>2 Slightly committed</td>
<td>3 Moderately committed</td>
<td>4 Quite committed</td>
<td>5 Extremely committed</td>
</tr>
<tr>
<td>3. Right now, would you like to improve your progress on this value?</td>
<td>1 Not at all</td>
<td>2 A little bit</td>
<td>3 Moderately so</td>
<td>4 Quite a bit</td>
<td>5 Extremely so</td>
</tr>
<tr>
<td>4. In the last 10 weeks, I have been this successful in living this value:</td>
<td>1 0-20% Successful</td>
<td>2 21-40% Successful</td>
<td>3 41-60% Successful</td>
<td>4 61-80% Successful</td>
<td>5 81-100% Successful</td>
</tr>
</tbody>
</table>

5. I value this because:

<table>
<thead>
<tr>
<th>Reason</th>
<th>1 Strongly Disagree</th>
<th>2 Moderately Disagree</th>
<th>3 Neither Disagree nor Agree</th>
<th>4 Moderately Agree</th>
<th>5 Strongly Agree</th>
</tr>
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<tbody>
<tr>
<td>a. Other people would be upset with me if these values were not important to me.</td>
<td>1 Strongly Disagree</td>
<td>2 Moderately Disagree</td>
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<td>5 Strongly Agree</td>
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<td>b. I would feel guilty or ashamed if these values were not important to me.</td>
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<td>3 Neither Disagree nor Agree</td>
<td>4 Moderately Agree</td>
<td>5 Strongly Agree</td>
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<tr>
<td>c. These values are important to me, whether or not others agree</td>
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<td>3 Neither Disagree nor Agree</td>
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<td>5 Strongly Agree</td>
</tr>
<tr>
<td>d. Living consistently with these values makes my life more meaningful</td>
<td>1 Strongly Disagree</td>
<td>2 Moderately Disagree</td>
<td>3 Neither Disagree nor Agree</td>
<td>4 Moderately Agree</td>
<td>5 Strongly Agree</td>
</tr>
<tr>
<td>e. I experience fun and enjoyment when I live consistently with these values.</td>
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<td>2 Moderately Disagree</td>
<td>3 Neither Disagree nor Agree</td>
<td>4 Moderately Agree</td>
<td>5 Strongly Agree</td>
</tr>
</tbody>
</table>
Personal Value #3: Couples/Romantic Relationships

Instructions: If this is an area of your life that is very important to you, describe the person you would most like to be in a romantic relationship. For example, some people who want close romantic relationships value being caring, supportive, open, honest, kind, and attentive—but you should decide for yourself what kind of person you value being in a romantic relationship.

Please write down your Couples/Romantic Relationships values here:

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

________________________

Please answer the following questions by circling the number (on the right) that is true for you:

1. How important is this value to you?
   - 1 Not at all important
   - 2 A little bit important
   - 3 Moderately important
   - 4 Quite important
   - 5 Extremely important

2. How committed are you to living this value?
   - 1 Not at all committed
   - 2 Slightly committed
   - 3 Moderately committed
   - 4 Quite committed
   - 5 Extremely committed

3. Right now, would you like to improve your progress on this value?
   - 1 Not at all
   - 2 A little bit
   - 3 Moderately so
   - 4 Quite a bit
   - 5 Extremely so

4. In the last 10 weeks, I have been this successful in living this value:
   - 1 0-20% Successful
   - 2 21-40% Successful
   - 3 41-60% Successful
   - 4 61-80% Successful
   - 5 81-100% Successful

5. I value this because:
   a. Other people would be upset with me if these values were not important to me.
   - 1 Strongly Disagree
   - 2 Moderately Disagree
   - 3 Neither Disagree nor Agree
   - 4 Moderately Agree
   - 5 Strongly Agree
   b. I would feel guilty or ashamed if these values were not important to me.
   - 1 Strongly Disagree
   - 2 Moderately Disagree
   - 3 Neither Disagree nor Agree
   - 4 Moderately Agree
   - 5 Strongly Agree
   c. These values are important to me, whether or not others agree
   - 1 Strongly Disagree
   - 2 Moderately Disagree
   - 3 Neither Disagree nor Agree
   - 4 Moderately Agree
   - 5 Strongly Agree
   d. Living consistently with these values makes my life more meaningful
   - 1 Strongly Disagree
   - 2 Moderately Disagree
   - 3 Neither Disagree nor Agree
   - 4 Moderately Agree
   - 5 Strongly Agree
   e. I experience fun and enjoyment when I live consistently with these values.
   - 1 Strongly Disagree
   - 2 Moderately Disagree
   - 3 Neither Disagree nor Agree
   - 4 Moderately Agree
   - 5 Strongly Agree
Personal Value #4: Work/Career

Instructions: If this is an area of your life that is very important to you, describe the person you would most like to be in your career or line of work. For example, some people value doing work that allows them to bring their unique talents to bear, work that allows them to express themselves, or work that 'makes a difference' in other people's lives—but you should decide for yourself what kind of person you value being in your line of work.

Please write down your Work/Career values here:

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

Please answer the following questions by circling the number (on the right) that is true for you:

1. How important is this value to you?
   - 1 Not at all important
   - 2 A little bit important
   - 3 Moderately important
   - 4 Quite important
   - 5 Extremely important

2. How committed are you to living this value?
   - 1 Not at all committed
   - 2 Slightly committed
   - 3 Moderately committed
   - 4 Quite committed
   - 5 Extremely committed

3. Right now, would you like to improve your progress on this value?
   - 1 Not at all
   - 2 A little bit
   - 3 Moderately so
   - 4 Quite a bit
   - 5 Extremely so

4. In the last 10 weeks, I have been this successful in living this value:
   - 1 0-20% Successful
   - 2 21-40% Successful
   - 3 41-60% Successful
   - 4 61-80% Successful
   - 5 81-100% Successful

5. I value this because:
   a. Other people would be upset with me if these values were not important to me.
      - 1 Strongly Disagree
      - 2 Moderately Disagree
      - 3 Neither Disagree nor Agree
      - 4 Moderately Agree
      - 5 Strongly Agree
   b. I would feel guilty or ashamed if these values were not important to me.
      - 1 Strongly Disagree
      - 2 Moderately Disagree
      - 3 Neither Disagree nor Agree
      - 4 Moderately Agree
      - 5 Strongly Agree
   c. These values are important to me, whether or not others agree
      - 1 Strongly Disagree
      - 2 Moderately Disagree
      - 3 Neither Disagree nor Agree
      - 4 Moderately Agree
      - 5 Strongly Agree
   d. Living consistently with these values makes my life more meaningful
      - 1 Strongly Disagree
      - 2 Moderately Disagree
      - 3 Neither Disagree nor Agree
      - 4 Moderately Agree
      - 5 Strongly Agree
   e. I experience fun and enjoyment when I live consistently with these values.
      - 1 Strongly Disagree
      - 2 Moderately Disagree
      - 3 Neither Disagree nor Agree
      - 4 Moderately Agree
      - 5 Strongly Agree
**Personal Value #5: Education-Schooling/Personal Growth & Development**

*Instructions:* If this is an area of your life that is very important to you, describe the person you would most like to be with respect to your education and/or personal growth. For example, some people value qualities like being open and receptive to new ideas and perspectives, or making serious and careful considerations of important issues—but you should decide for yourself what kind of person you value being with respect to your education and personal growth.

Please write down your Education-Schooling/Personal Growth & Development values here:

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

Please answer the following questions by circling the number (on the right) that is true for you:

<table>
<thead>
<tr>
<th></th>
<th>1. How important is this value to you?</th>
<th>2. How committed are you to living this value?</th>
<th>3. Right now, would you like to improve your progress on this value?</th>
<th>4. In the last 10 weeks, I have been this successful in living this value:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 Not at all important</td>
<td>2 Slightly committed</td>
<td>3 Moderately committed</td>
<td>4 Quite committed</td>
</tr>
<tr>
<td>1</td>
<td>Not at all committed</td>
<td>2 Slightly committed</td>
<td>3 Moderately committed</td>
<td>4 Quite a bit</td>
</tr>
<tr>
<td>2</td>
<td>Not at all</td>
<td>2 A little bit</td>
<td>3 Moderately so</td>
<td>4 Quite a bit</td>
</tr>
<tr>
<td>3</td>
<td>Not at all</td>
<td>2 A little bit</td>
<td>3 Moderately so</td>
<td>4 Quite a bit</td>
</tr>
<tr>
<td>4</td>
<td>Not at all</td>
<td>2 A little bit</td>
<td>3 Moderately so</td>
<td>4 Quite a bit</td>
</tr>
<tr>
<td>5</td>
<td>Not at all</td>
<td>2 A little bit</td>
<td>3 Moderately so</td>
<td>4 Quite a bit</td>
</tr>
</tbody>
</table>

5. I value this because:
   
a. Other people would be upset with me if these values were not important to me.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Disagree</td>
<td>Moderately Disagree</td>
<td>Neither Disagree nor Agree</td>
<td>Moderately Agree</td>
<td>Strongly Agree</td>
</tr>
</tbody>
</table>

   b. I would feel guilty or ashamed if these values were not important to me.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Disagree</td>
<td>Moderately Disagree</td>
<td>Neither Disagree nor Agree</td>
<td>Moderately Agree</td>
<td>Strongly Agree</td>
</tr>
</tbody>
</table>

   c. These values are important to me, whether or not others agree

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Disagree</td>
<td>Moderately Disagree</td>
<td>Neither Disagree nor Agree</td>
<td>Moderately Agree</td>
<td>Strongly Agree</td>
</tr>
</tbody>
</table>

   d. Living consistently with these values makes my life more meaningful

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Disagree</td>
<td>Moderately Disagree</td>
<td>Neither Disagree nor Agree</td>
<td>Moderately Agree</td>
<td>Strongly Agree</td>
</tr>
</tbody>
</table>

   e. I experience fun and enjoyment when I live consistently with these values.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Disagree</td>
<td>Moderately Disagree</td>
<td>Neither Disagree nor Agree</td>
<td>Moderately Agree</td>
<td>Strongly Agree</td>
</tr>
</tbody>
</table>
**Personal Value #6: Recreation/Leisure/Sport**

*Instructions:* If this is an area of your life that is very important to you, describe the person you would most like to be during recreational, leisure, and or sporting activities. For example, some people value discovering or learning new things (or spending more time with family or friends) during leisure/recreation times, or being active, competitive, and playing together as part of a sports team—but you should decide for yourself what kind of person you value being with respect to recreation, leisure, and sport.

Please write down your Recreation/Leisure values here:

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

Please answer the following questions by circling the number (on the right) that is true for you:

<table>
<thead>
<tr>
<th>1. How important is this value to you?</th>
<th>1. Not at all important</th>
<th>2. A little bit important</th>
<th>3. Moderately important</th>
<th>4. Quite important</th>
<th>5. Extremely important</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. In the last 10 weeks, I have been this successful in living this value:</td>
<td>1. 0-20% Successful</td>
<td>2. 21-40% Successful</td>
<td>3. 41-60% Successful</td>
<td>4. 61-80% Successful</td>
<td>5. 81-100% Successful</td>
</tr>
</tbody>
</table>

5. I value this because:

<table>
<thead>
<tr>
<th>a. Other people would be upset with me if these values were not important to me.</th>
<th>1. Strongly Disagree</th>
<th>2. Moderately Disagree</th>
<th>3. Neither Disagree nor Agree</th>
<th>4. Moderately Agree</th>
<th>5. Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>b. I would feel guilty or ashamed if these values were not important to me.</td>
<td>1. Strongly Disagree</td>
<td>2. Moderately Disagree</td>
<td>3. Neither Disagree nor Agree</td>
<td>4. Moderately Agree</td>
<td>5. Strongly Agree</td>
</tr>
<tr>
<td>c. These values are important to me, whether or not others agree</td>
<td>1. Strongly Disagree</td>
<td>2. Moderately Disagree</td>
<td>3. Neither Disagree nor Agree</td>
<td>4. Moderately Agree</td>
<td>5. Strongly Agree</td>
</tr>
</tbody>
</table>
**Personal Value #7: Spirituality/Religion**

*Instructions:* Understand that we are not necessarily referring to organized religion in this section. **If this is an area of your life that is very important to you,** describe the person you would most like to be with respect to your spirituality and/or religion. For example, some people value connecting with nature and/or the people around them, connecting with God, being part of a church, and/or living out a variety of specific religious ideals— but you should decide for yourself what kind of person you value being with respect to spirituality or religion.

Please write down your Spirituality/Religion values here:

____________________________________________________________________________________________________

____________________________________________________________________________________________________

____________________________________________________________________________________________________

____________________________________________________________________________________________________

Please answer the following questions by circling the number (on the right) that is true for you:

<table>
<thead>
<tr>
<th>1. How important is this value to you?</th>
<th>1 Not at all important</th>
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<th>5 Extremely important</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. How committed are you to living this value?</td>
<td>1 Not at all committed</td>
<td>2 Slightly committed</td>
<td>3 Moderately committed</td>
<td>4 Quite committed</td>
<td>5 Extremely committed</td>
</tr>
<tr>
<td>3. Right now, would you like to improve your progress on this value?</td>
<td>1 Not at all</td>
<td>2 A little bit</td>
<td>3 Moderately so</td>
<td>4 Quite a bit</td>
<td>5 Extremely so</td>
</tr>
<tr>
<td>4. In the last 10 weeks, I have been this successful in living this value:</td>
<td>1 0-20% Successful</td>
<td>2 21-40% Successful</td>
<td>3 41-60% Successful</td>
<td>4 61-80% Successful</td>
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</tr>
<tr>
<td>5. I value this because:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a. Other people would be upset with me if these values were not important to me.</td>
<td>1 Strongly Disagree</td>
<td>2 Moderately Disagree</td>
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<td>b. I would feel guilty or ashamed if these values were not important to me.</td>
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<td>c. These values are important to me, whether or not others agree</td>
<td>1 Strongly Disagree</td>
<td>2 Moderately Disagree</td>
<td>3 Neither Disagree nor Agree</td>
<td>4 Moderately Agree</td>
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</tr>
<tr>
<td>d. Living consistently with these values makes my life more meaningful</td>
<td>1 Strongly Disagree</td>
<td>2 Moderately Disagree</td>
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</tr>
<tr>
<td>e. I experience fun and enjoyment when I live consistently with these values.</td>
<td>1 Strongly Disagree</td>
<td>2 Moderately Disagree</td>
<td>3 Neither Disagree nor Agree</td>
<td>4 Moderately Agree</td>
<td>5 Strongly Agree</td>
</tr>
</tbody>
</table>
**Personal Value #8: Community/Citizenship**

**Instructions:** If this is an area of your life that is very important to you, describe the person you would most like to be with respect to your community and your country. For example, some people value helping others in their community, advancing their political or humanitarian views at a local (or higher) political level, or helping to preserve local places of value—but you should decide for yourself what kind of person you value being with respect to your community or role as a citizen.

Please write down your Community/Citizenship values here:

___________________________________________________________________________________________________

___________________________________________________________________________________________________

___________________________________________________________________________________________________

___________________________________________________________________________________________________

___________________________________________________________________________________________________

Please answer the following questions by circling the number (on the right) that is true for you:

<table>
<thead>
<tr>
<th>Question</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How important is this value to you?</td>
<td>Not at all important</td>
<td>A little bit important</td>
<td>Moderately important</td>
<td>Quite important</td>
<td>Extremely important</td>
</tr>
<tr>
<td>2. How committed are you to living this value?</td>
<td>Not at all committed</td>
<td>Slightly committed</td>
<td>Moderately committed</td>
<td>Quite committed</td>
<td>Extremely committed</td>
</tr>
<tr>
<td>3. Right now, would you like to improve your progress on this value?</td>
<td>Not at all</td>
<td>A little bit</td>
<td>Moderately so</td>
<td>Quite a bit</td>
<td>Extremely so</td>
</tr>
<tr>
<td>4. In the last 10 weeks, I have been this successful in living this value:</td>
<td>0-20% Successful</td>
<td>21-40% Successful</td>
<td>41-60% Successful</td>
<td>61-80% Successful</td>
<td>81-100% Successful</td>
</tr>
<tr>
<td>5. I value this because:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a. Other people would be upset with me if these values were not important to me.</td>
<td>Strongly Disagree</td>
<td>Moderately Disagree</td>
<td>Neither Disagree nor Agree</td>
<td>Moderately Agree</td>
<td>Strongly Agree</td>
</tr>
<tr>
<td>b. I would feel guilty or ashamed if these values were not important to me.</td>
<td>Strongly Disagree</td>
<td>Moderately Disagree</td>
<td>Neither Disagree nor Agree</td>
<td>Moderately Agree</td>
<td>Strongly Agree</td>
</tr>
<tr>
<td>c. These values are important to me, whether or not others agree</td>
<td>Strongly Disagree</td>
<td>Moderately Disagree</td>
<td>Neither Disagree nor Agree</td>
<td>Moderately Agree</td>
<td>Strongly Agree</td>
</tr>
<tr>
<td>d. Living consistently with these values makes my life more meaningful</td>
<td>Strongly Disagree</td>
<td>Moderately Disagree</td>
<td>Neither Disagree nor Agree</td>
<td>Moderately Agree</td>
<td>Strongly Agree</td>
</tr>
<tr>
<td>e. I experience fun and enjoyment when I live consistently with these values.</td>
<td>Strongly Disagree</td>
<td>Moderately Disagree</td>
<td>Neither Disagree nor Agree</td>
<td>Moderately Agree</td>
<td>Strongly Agree</td>
</tr>
</tbody>
</table>
**Personal Value #9: Health/Physical Well-Being**

*Instructions:* If this is an area of your life that is very important to you, describe the person you would most like to be with respect to your personal health. For example, some people value being active, eating healthy foods, or exercising regularly— but you should decide for yourself what kind of person you value being with respect to your personal health and physical well-being.

Please write down your Health/Physical Well-Being values here:

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

Please answer the following questions by circling the number (on the right) that is true for you:

<table>
<thead>
<tr>
<th>1. How important is this value to you?</th>
<th>1 Not at all important</th>
<th>2 A little bit important</th>
<th>3 Moderately important</th>
<th>4 Quite important</th>
<th>5 Extremely important</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. How committed are you to living this value?</td>
<td>1 Not at all committed</td>
<td>2 Slightly committed</td>
<td>3 Moderately committed</td>
<td>4 Quite committed</td>
<td>5 Extremely committed</td>
</tr>
<tr>
<td>3. Right now, would you like to improve your progress on this value?</td>
<td>1 Not at all</td>
<td>2 A little bit</td>
<td>3 Moderately so</td>
<td>4 Quite a bit</td>
<td>5 Extremely so</td>
</tr>
<tr>
<td>4. In the last 10 weeks, I have been this successful in living this value:</td>
<td>1 0-20% Successful</td>
<td>2 21-40% Successful</td>
<td>3 41-60% Successful</td>
<td>4 61-80% Successful</td>
<td>5 81-100% Successful</td>
</tr>
</tbody>
</table>

5. I value this because:

   a. Other people would be upset with me if these values were not important to me.
   
   b. I would feel guilty or ashamed if these values were not important to me.
   
   c. These values are important to me, whether or not others agree
   
   d. Living consistently with these values makes my life more meaningful
   
   e. I experience fun and enjoyment when I live consistently with these values.