



ALYSSA MOORE
COUNSELING

Your Values Bullseye

(Adapted from ACT Made Simple by Russ Harris)

We think about values as the things that really matter to you. The things that you hold onto as touchstones, ideas about what sort of person you want to be, what sort of life you want to live, how you want to spend your time and what qualities you think are important. You spent some time thinking about some common values and ranking their importance for yourself. Now, we want to get a good idea of how closely those values are reflected in your life currently.

The bullseye below is divided into four large sections. The 10 domains that you previously ranked can fit into these large sections in different ways depending on how you think about each domain. Consider how each of the domains might fit into one or more of these large sections and then based on that make one X in each section of the bullseye to represent how fully you are living those values currently.

