

Mindset Reset 103 Values Worksheet

Adapted from the Valued Living Questionnaire (Wilson, 2002)

You now have 5-10 identified values that are very important to you. We would like for you to give a rating of how consistent your actions have been with each of your values.

We are NOT asking about your ideal in each area. We are NOT asking what other people think of you. Everyone does better in some areas than others, and everyone does better at some times and not others.

We want to know how you think you have been doing during the past week. Rate each identified value based on how your actions have been consistent with that value.

Value	not at all consistent					completely consistent				
	with my value					with my value				
1.	1	2	3	4	5	6	7	8	9	10
2.	1	2	3	4	5	6	7	8	9	10
3.	1	2	3	4	5	6	7	8	9	10
4.	1	2	3	4	5	6	7	8	9	10
5.	1	2	3	4	5	6	7	8	9	10
6.	1	2	3	4	5	6	7	8	9	10
7.	1	2	3	4	5	6	7	8	9	10
8.	1	2	3	4	5	6	7	8	9	10
9.	1	2	3	4	5	6	7	8	9	10
10.	1	2	3	4	5	6	7	8	9	10