

## Your Values – Bullseye Worksheet

### **Bringing your values into focus**

The Bull's Eye helps you see how closely your life aligns with the values you've already explored.

It's a simple visual tool - a way to map where you're living in line with what matters most, and where there's space to realign.

You'll see three Bull's Eye diagrams; each divided into four areas of life that correspond to the domains you reflected on in your Values Clarification worksheet. Each ring represents how closely you feel you're living in line with your values in that area - from the centre (fully living by your values) to the outer edge (feeling far away from them).

Here's how to use it:

#### **1. Start with one Bull's Eye at a time.**

Each represents a different layer of your life - for example, personal, relational, or collective.

#### **2. Read the four sections carefully.**

These reflect the key areas you previously identified as meaningful. Take a moment to recall what each value represents for you.

#### **3. Reflect honestly.**

Ask yourself: Right now, how closely am I living in line with this value? There's no right or wrong answer - only an honest snapshot of this moment.

#### **4. Mark your spot.**

Place a small X on each section to show where you are today:

**Centre of the circle** - living fully by your values

**Outer edge** - far from how you'd like to be living

## **5. Step back and notice the pattern.**

Which areas feel aligned and nourished?

Which might need more attention or care?

This isn't about self-criticism - it's about awareness and choice.

***(Optional) You can use a second colour or symbol to mark where you'd like to be, showing the space between your current reality and your deeper intention.***

The Bull's Eye is a reflection - not a scorecard.

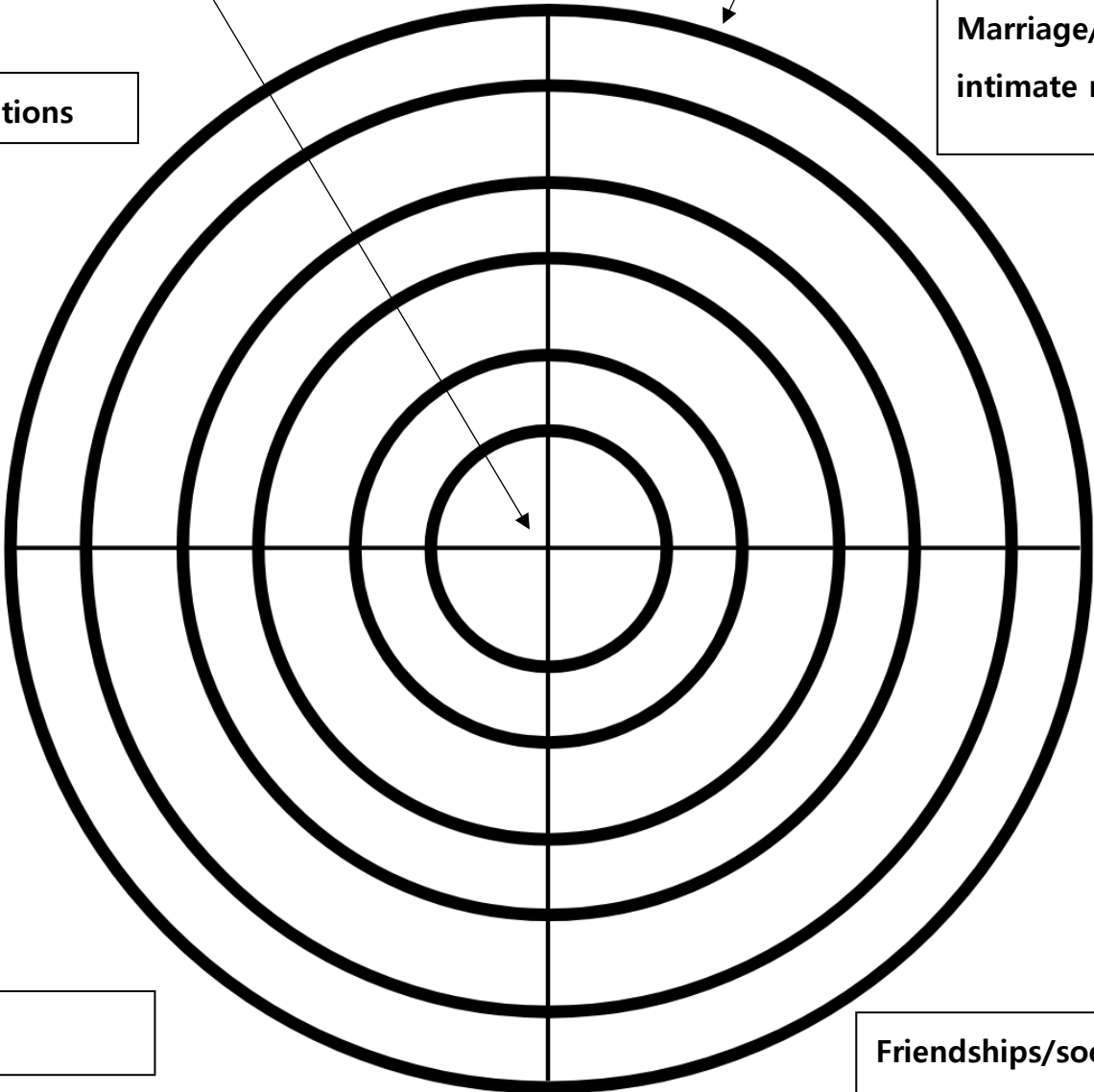
Let it show you, with honesty and compassion, where your energy is flowing and where it's ready to return.

*I am living fully by my values*

*I am acting very inconsistently with my values*

Family relations

Marriage/couples/  
intimate relations

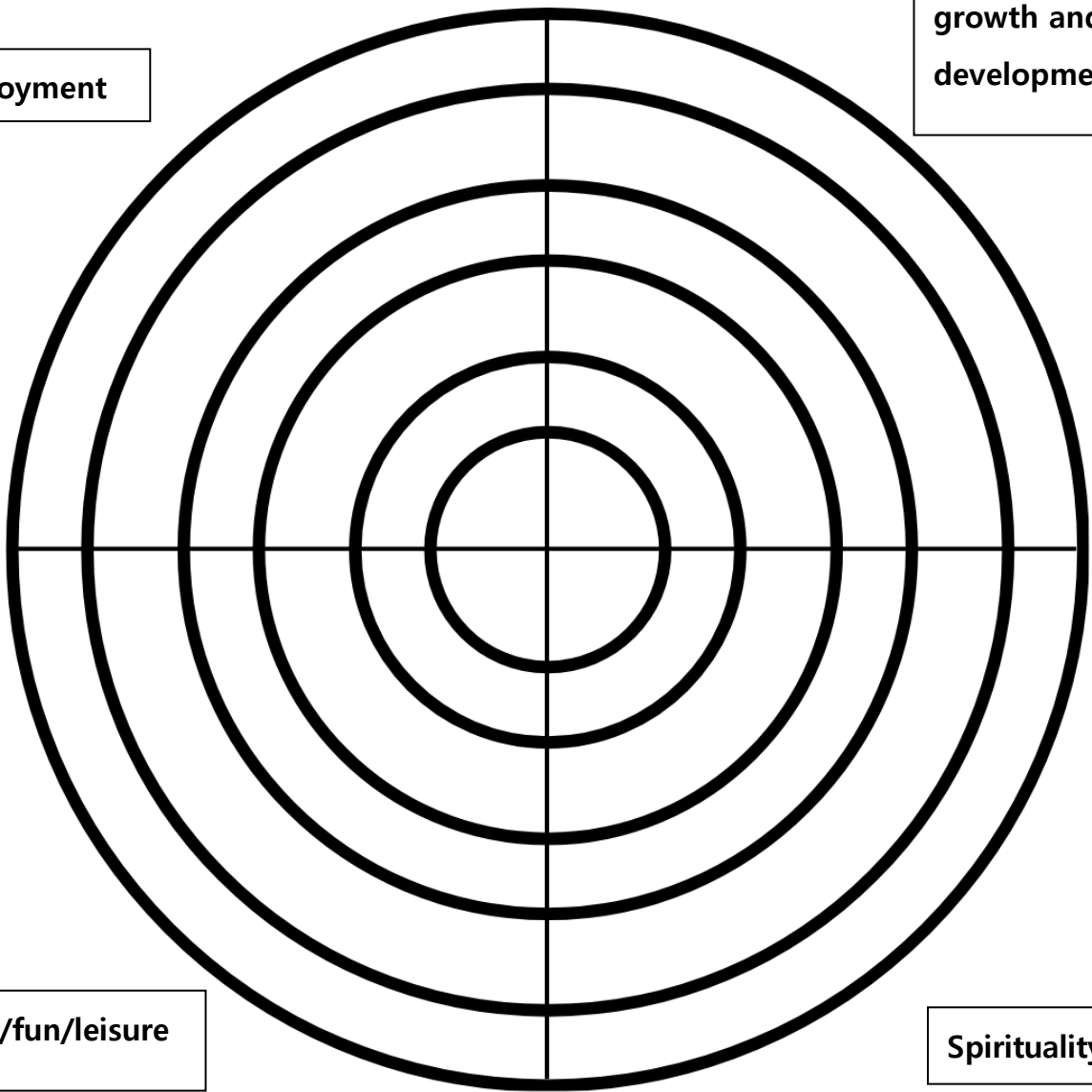


Parenting

Friendships/social life

**Career/employment**

**Education/personal  
growth and  
development**

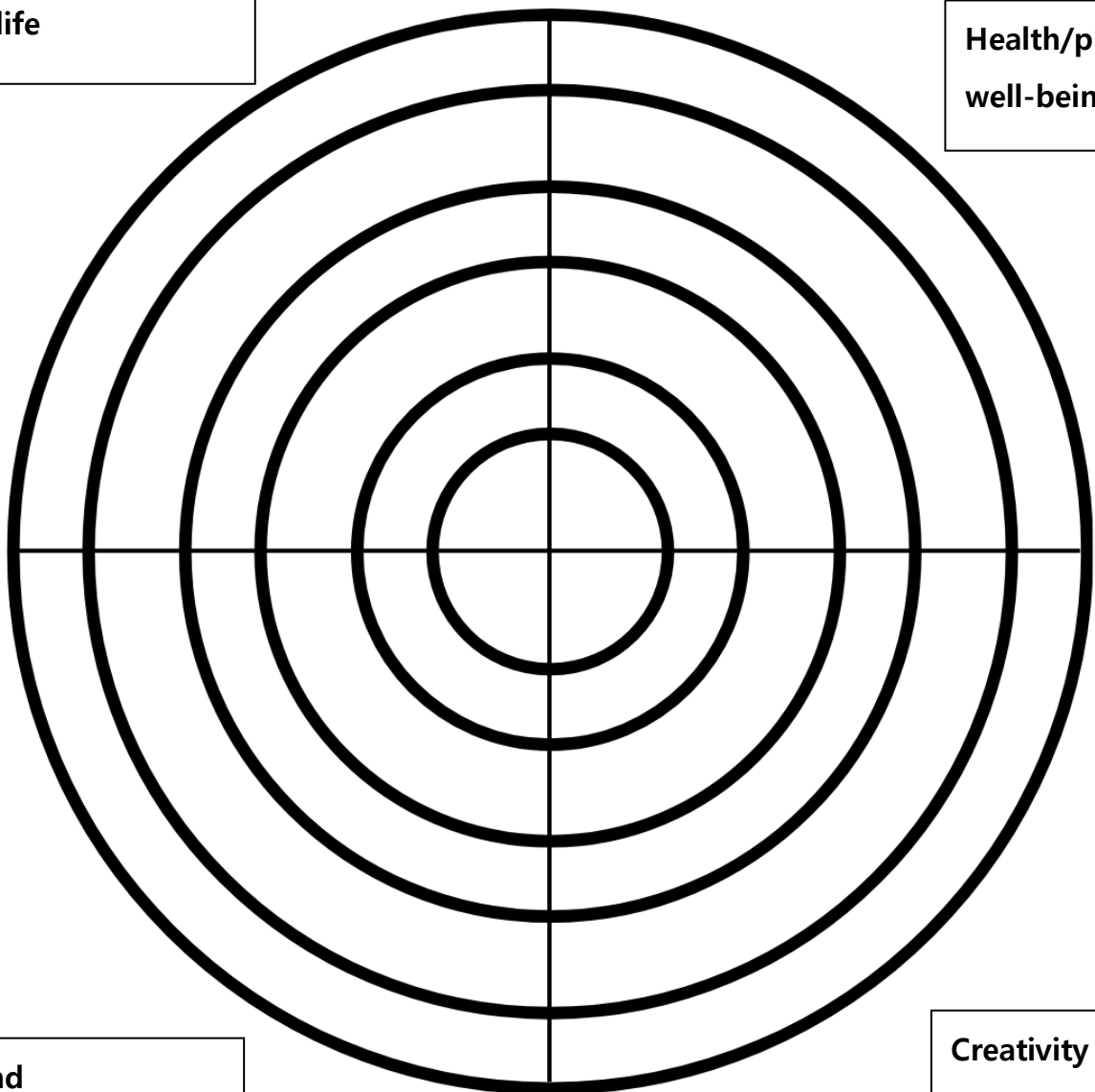


**Recreation/fun/leisure**

**Spirituality**

**Citizenship/environment/  
community life**

**Health/physical  
well-being**



**Emotional and  
psychological well-being**

**Creativity and  
self-expression**