Ranking Your Values and Finding Your Life Deviation Score

This exercise invites you to rank your values by rating each of the ten valued life domains covered in our Personal Values Worksheet.

The aim is to help you prioritize your values and recognize those areas of your life that remain under fulfilled. Rank them in terms of their importance to you – NOT what you think their importance should be, or what you think their importance is in society's terms.

1. Rate the importance (A) of each value in each domain on a scale of 1 to 10 – with 1 meaning not at all important and 10 extremely important.

2. Rate each value according to how much fulfillment (B) that valued life domain brings to your life *right now* on a scale of 1-10, with 1 meaning no fulfillment and 10 meaning total fulfillment.

3. Subtract the second rating from the first (A-B) and see what you are left with. This number represents your life deviation score in each valued life domain.

4. Compute the total by adding up all the scores from all valued life domains and subtract the second total from the first total to obtain your overall life deviation score.

Valued Life Domain	Importance 1-10 (A)	Fulfilment 1-10 (B)	Life deviation (A–B)
1. Romantic relationships/partnerships			
2. Leisure and fun			
3. Job/career			
4. Friends			
5. Parenthood			
6. Health and physical wellness			
7. Social citizenship/Environmental responsibility			
8. Family relationships			
9. Spirituality			
10. Personal development and growth			
TOTALS			

The number on the far right is most important. The higher that number, the more your life needs to change in that area, to bring it in line with what you really care about.

High numbers in the life deviation column are a sign and source of suffering. You will get some sense of how off-balance or on course you are from all of this. This will help you prioritize the areas to work on.

Dr. Jo Nash