

# Bull's Eye Exercise: Living Your Values

This exercise looks at the consistency between your *activities* in life and your *values* in life. It is designed to monitor your progress towards living the kind of life you want. Part A of the exercise looks at where you are in relation to your chosen values; Part B looks at what might be standing in the way.

## Part A

On the next three pages, you'll have space to explore your activities in three chosen value areas over the last two weeks. First, write down an important value. This exercise is most useful after you have already done some work on identifying several values that are important to you.

Then, in the space provided, try to sum up in a few sentences why this value is important to you. If you were really living this value, how would your experience/life/relationships be different? If you were living in line with this value, what would you be getting out of it?

Next, mark an "X" in the area of the dartboard that represents where you have been *overall, over the last two weeks*, in relation to your chosen value. The centre of the dartboard – the so-called *bull's eye* - represents *exactly where you want to be* with living in line with this value. The outer circle represents feeling very far from living your chosen value.

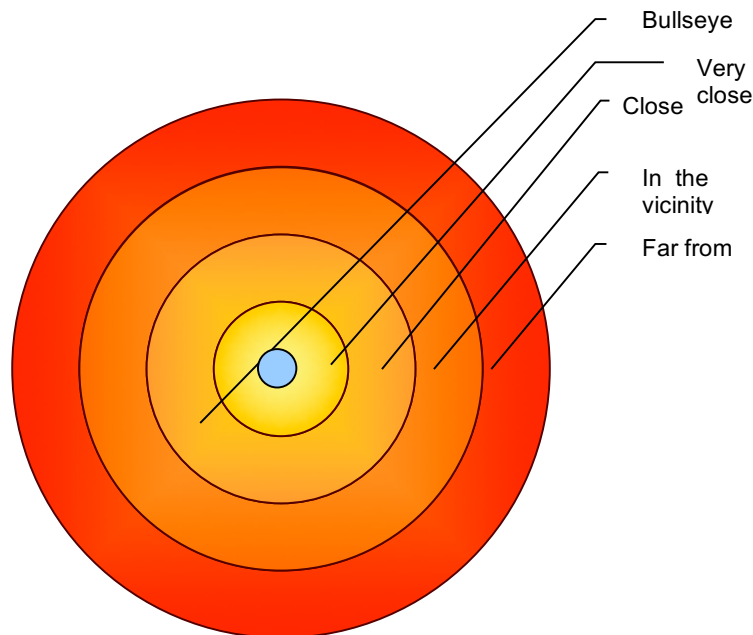
Finally, identify some moves/actions/behaviours over the last two weeks that moved you either towards or away from the bull's eye. It doesn't matter if the moves were small or large – everything counts.

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The first value that I am committed to living is:

This value is important to me because:

How close was I to totally living this value in the last two weeks? Place an X:



Actions that moved me *towards* the bull's eye over these two weeks were:

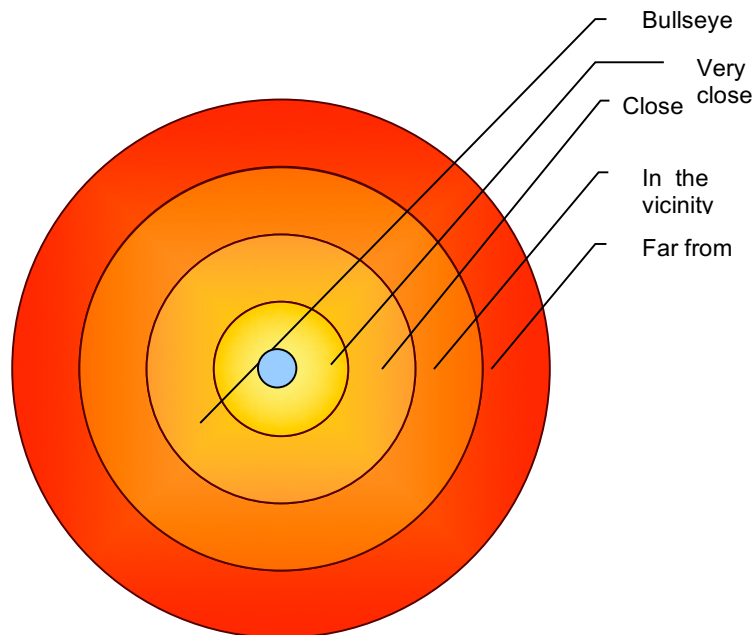
Actions that moved me *away* from the bull's eye over these two weeks were:

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The second value that I really want to be living is:

This value is important to me because:

How close was I to totally living this value in the last two weeks? Place an X:



Actions that moved me *towards* the bull's eye over these two weeks were:

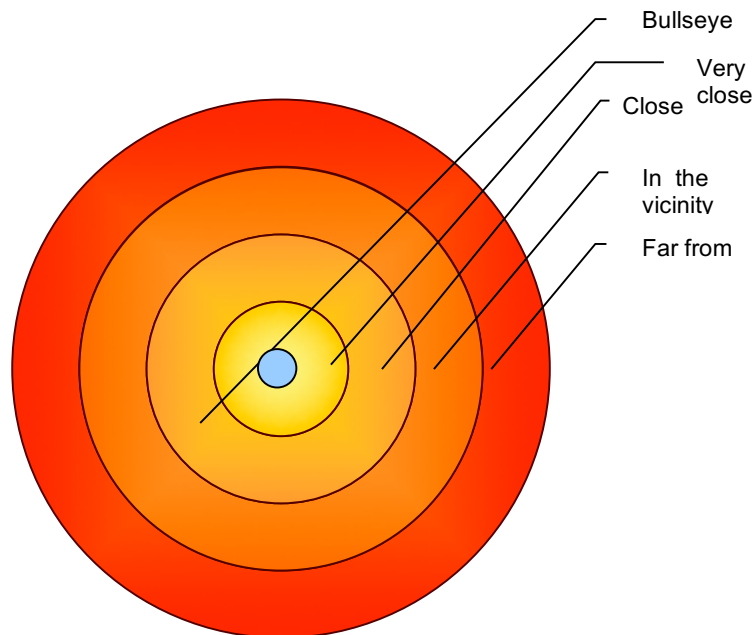
Actions that moved me *away* from the bull's eye over these two weeks were:

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The third value that I really want to be living is:

This value is important to me because:

How close was I to totally living this value in the last two weeks? Place an X:



Actions that moved me *towards* the bull's eye over these two weeks were:

Actions that moved me *away* from the bull's eye over these two weeks were:

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## **Part B**

Think about everything you put on the prior three pages – the values you identified, your descriptions of why those values are important. Combine those three values and think of them as representing the life you want.

Now think about where your X marks were placed on the three dartboards. Overall, how are you doing? At this moment in time, over the last two weeks, how close or far away are you from living the kind of life you want, to being the kind of person you want to be? How does the placement of the X marks compare to previous times you have completed this exercise (if applicable)? Write down some of your observations below:

Now, think about what is standing in the way of moving those X marks towards the bull's eyes. Anxiety? Insecurity? Hopelessness? Lack of motivation? Lack of self-belief? Barriers to do with your environment, with other people? Other factors?

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Now, identify a move or two you can make during the next two weeks towards *each* of your valued directions. Be specific and be realistic, but also be courageous and bold! Just think: what would it mean for your life if you were to move closer to the bull's eye?

Value 1:

Value 2:

Value 3:

**Take a moment and mentally *commit* to making the moves you identified.**