

The Bullseye Values Exercise

Content adapted from Lundgren, T., Luoma, J.B., Dahl, J., Strosahl, K., Melin, L. (2012). Cognitive and Behavioural Practice, 19, 518-526.)

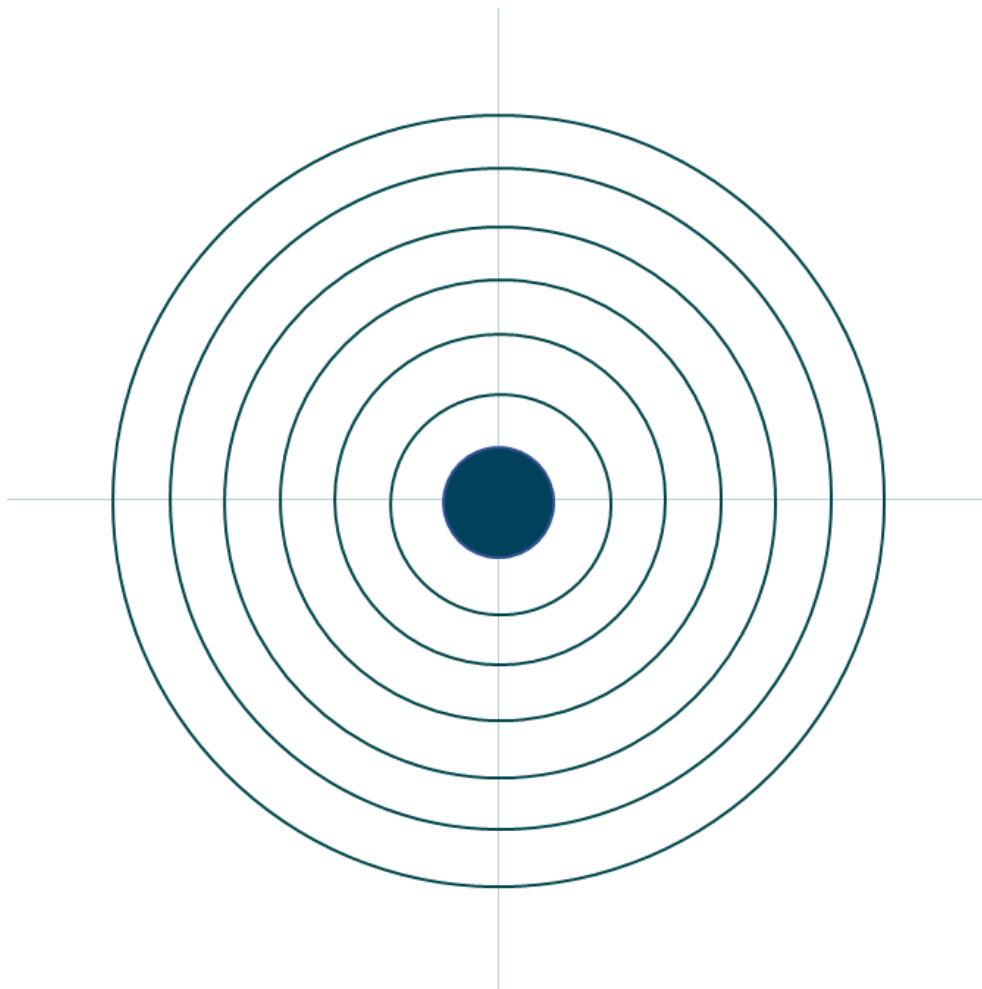
FROM THE PRESENTATION

Name Them and Know Them | *Living Your Life Intentionally by Your Values*

Make an X in each area of the dart board to represent where you stand today in each quadrant

**WORK /
EDUCATION**

LEISURE



**HEALTH /
PERSONAL GROWTH**

RELATIONSHIPS



BANISTER ADVISORS

LIFESPAN NAVIGATION