

The Bull's Eye Exercise

The "Bull's Eye" is a values-clarification exercise designed by a Swedish ACT therapist called Tobias Lundgren. The dartboard on the next page is divided into four important domains of life: work/education, leisure, relationships, and personal growth/health.

This assignment has four parts:

- identifying and writing your values in four domains of your life;
- locating how fully you are living your values;
- identify barriers or obstacles that interfere with living consistent with your values; and
- creating a Values Action Plan

Part 1: Identifying Your Values

To begin with, please write down your values in the four domains of life listed below. Not everyone has the same values, and this is not a test to see whether you have the "correct" ones. Think about your general life directions, rather than specific goals. There may be values that overlap; for example, if you value studying psychology, that may come under both Education and Personal Growth.

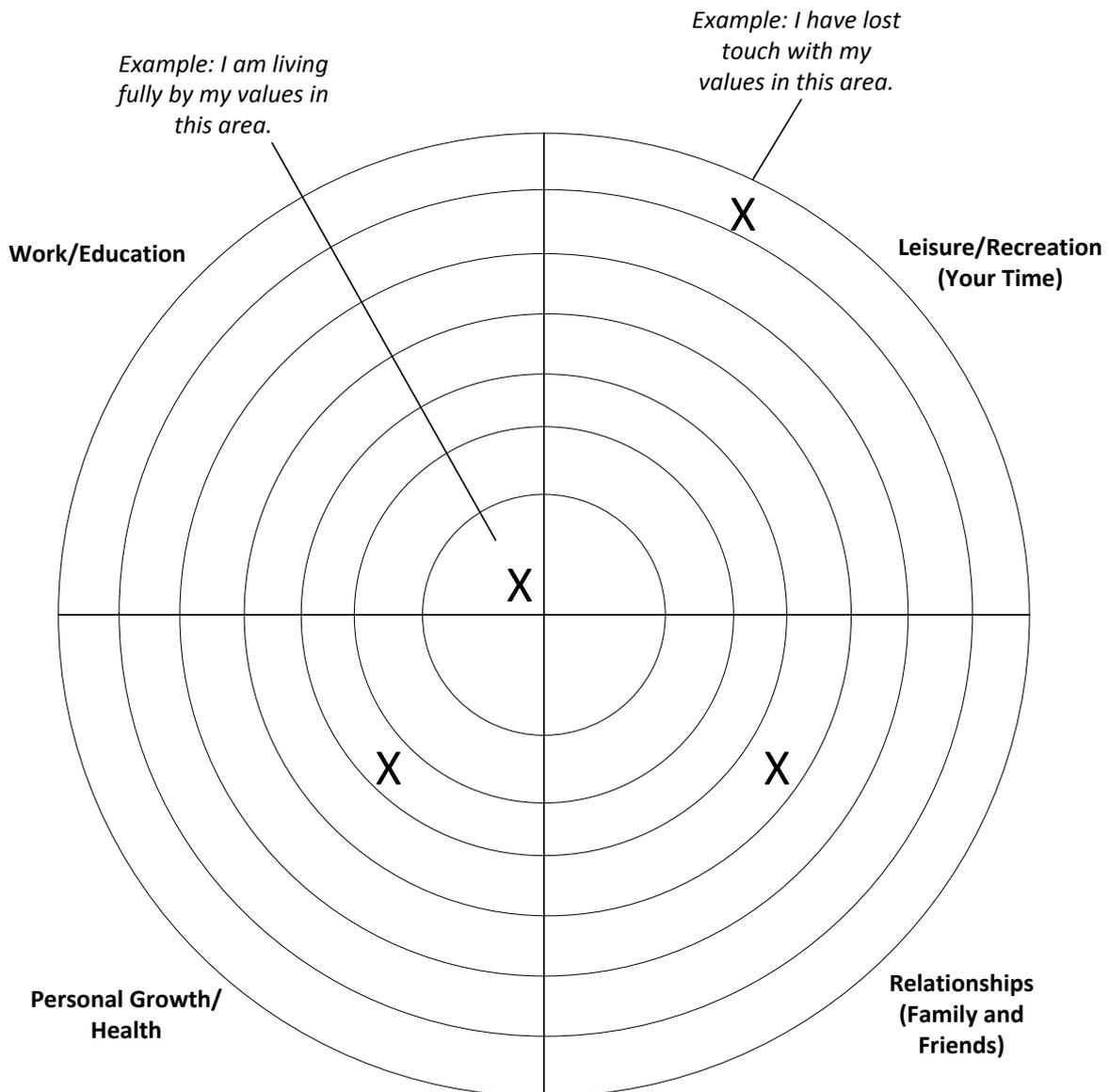
As you write your values, consider: What would you value if there were nothing in your way, nothing stopping you? What's important? What do you care about? And what you would like to work towards? Your value should not be a specific goal, but instead should reflect a way you would like to live your life over time. For example, to take your son to the movies might be a goal; to be an involved and interested parent might be the underlying value. **Note! Make sure they are *your* values, not anyone else's.** It is *your* personal values that are important!

- 1. Work/Education:** refers to your workplace and career, education and knowledge, and skills development. (This may include volunteering and other forms of unpaid work). How do you want to be towards your clients, customers, colleagues, employees, fellow workers? What personal qualities do you want to bring to your work? What skills do you want to develop? Type your response into the space below. Note that if you run out of space, just keep typing. The space will expand to accommodate all you need to say.
- 2. Leisure:** refers to how you play, relax, stimulate, or enjoy yourself; your hobbies or other activities for rest, recreation, fun and creativity.
- 3. Relationships:** refers to intimacy, closeness, friendship and bonding in your life. This domain of your life includes relationships with your partner or spouse, children, parents, relatives, friends, co-workers, and other social contacts. What sort of relationships do you want to build? How do you want to be in these relationships? What personal qualities do you want to develop?
- 4. Personal Growth/Health:** refers to your ongoing development as a human being. This may include include organized religion, personal expressions of spirituality, physical health and well-being, developing life skills, engaging in self-care to promote positive mental health.

Part 2: Locating How Fully You Are Living Your Values

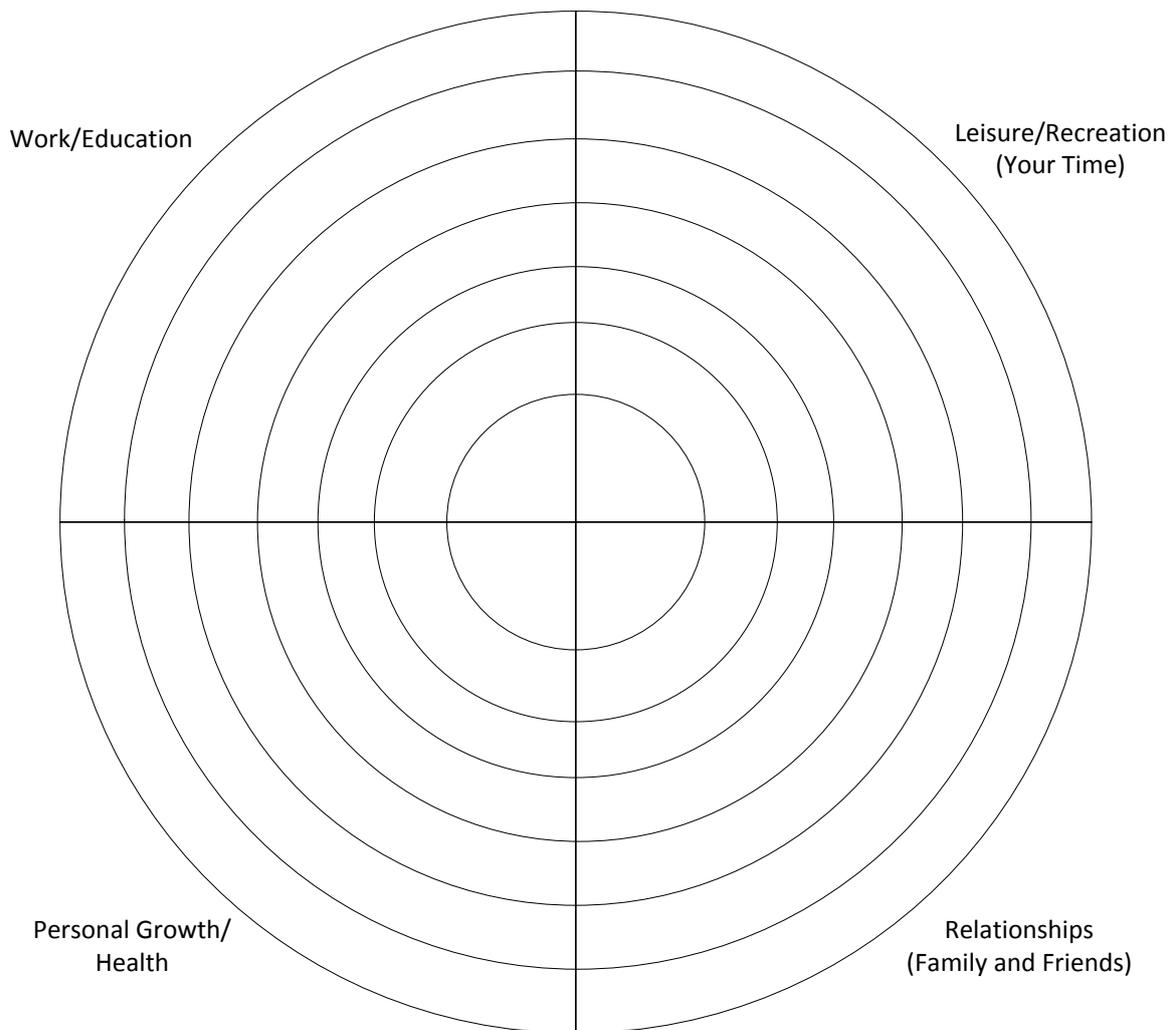
Read through the values you identified in Part 1. Now, print the dart board on the next page. Make an X in each quarter of the dart board, to represent where you stand **today** (a total of four Xs) in that domain. For example, an X in the Bull's Eye (the center of the board) means you are living fully by your values in that domain of life. An X far from the Bull's Eye means that you are way off the mark in terms of living by your values in that domain.

Since there are four domains of valued living, you should mark **four Xs** on the dart board. See the diagram below.



When you have identified your own location on your printed dart board, use your online copy to type a very brief description of your location. For example, you could say, "In the Leisure/Recreation domain, I'm in the outer circle. I have lost touch with my values in this domain." Or "In the Work/Education domain, I'm in the Bull's Eye. I am living fully by my values in this domain."

Print this page and use it to locate yourself on the dart board in relation to your values. Use your online copy to type the descriptions of your locations.



My location in the following four domains:

1. Work/Education:

2. Leisure/Recreation:

3. Relationships:

4. Personal Growth/Health:

Part 3: Identify Barriers or Obstacles That Interfere with Living Consistent with Your Values

1. Now write down what stands between you and living your current life as you want to, from what you have written in your domains of value. When you think of the life you want to live and the values that you would like to put in play, what gets in the way of you living that kind of life? Describe any obstacle (s) in the space below. (Don't worry about running out of room; the space will expand as much as you need.)
2. Now estimate to what extent the obstacle (s) you just described can prevent you from living your life in a way that is in keeping with your values. **On a scale of 1 to 7, where 1 means "Doesn't prevent me at all" and 7 means "Prevents me completely"** use the space below to type the number that best fits your estimate.

Part 4. My Values Action Plan

Think about actions you can take in your daily life that would tell you that you are zeroing in on the bull's-eye in each important domain of your life. These actions could be small steps toward a particular goal or they could just be actions that reflect what you want to be about as a person. Usually, taking a valued step includes being willing to encounter the obstacle (s) you identified earlier and to take the action anyway. ***Try to identify at least one value based action you are willing to take during this coming week, in each of the four domains listed below.***

My action plan in the following domains:

1. Work/Education:

2. Leisure/Recreation:

3. Relationships:

4. Personal Growth/Health: