

NAME: _____

DATE: _____

VLQ

Below are domains of life that are valued by some people. We are concerned with your subjective experience of your quality of life in each of these domains. One aspect of quality of life involves the importance one puts on the different domains of living. Rate the importance of each domain (by circling a number) on a scale of 1-10. Not everyone will value all of these domains, or value all domains the same. Rate each domain according to **your own personal sense of importance**.

	Not at all important					Extremely important				
1. Family relations (other than marriage or parenting)	1	2	3	4	5	6	7	8	9	10
2. Marriage/ couples/intimate relations	1	2	3	4	5	6	7	8	9	10
3. Parenting	1	2	3	4	5	6	7	8	9	10
4. Friendships/social relations	1	2	3	4	5	6	7	8	9	10
5. Employment	1	2	3	4	5	6	7	8	9	10
6. Education/training	1	2	3	4	5	6	7	8	9	10
7. Recreation	1	2	3	4	5	6	7	8	9	10
8. Spirituality	1	2	3	4	5	6	7	8	9	10
9. Citizenship/community life	1	2	3	4	5	6	7	8	9	10
10. Physical well-being	1	2	3	4	5	6	7	8	9	10

In this section, we would like you to give a rating of how **consistent** your actions are with each value. Everyone does better in some domains than others. We are NOT asking about your ideal in each domain. We want to know how you think you have been doing **during the past week**. Rate each (by circling a number) on a scale of 1-10. 1 means that your actions have been fully inconsistent with your value and 10 means that your actions have been fully consistent with your value.

During the past week

	Not at all important					Extremely Important				
1. Family relations (other than marriage or parenting)	1	2	3	4	5	6	7	8	9	10
2. Marriage/couples/intimate relations	1	2	3	4	5	6	7	8	9	10
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