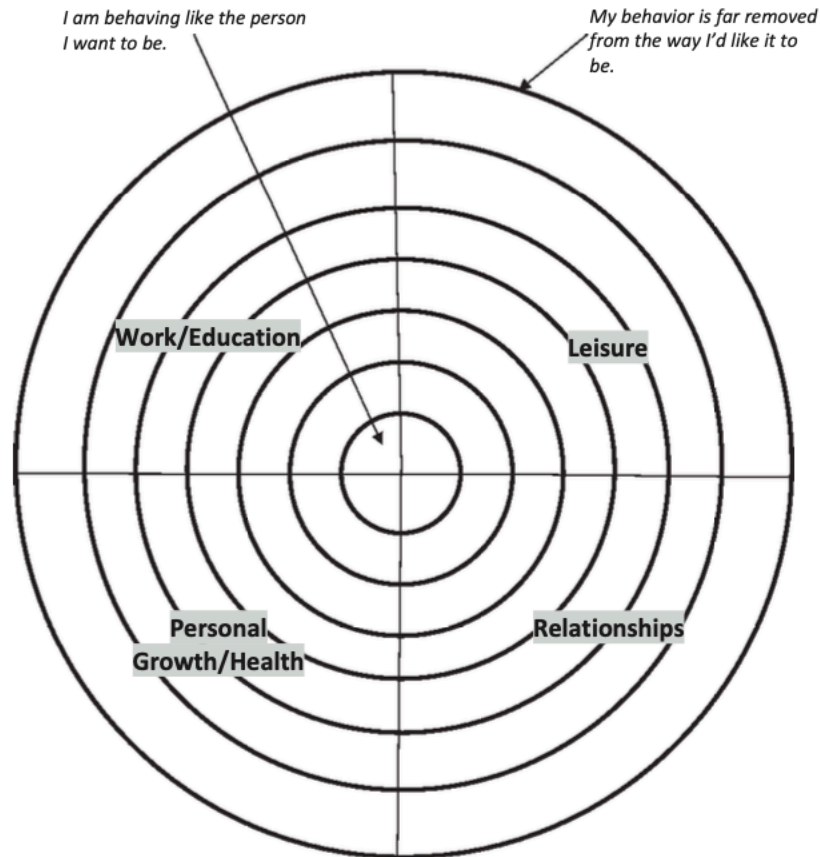


APPENDIX 3

The Bull's-Eye

Adapted from *Living Beyond Your Pain* by J. Dahl and T. Lundren, 2006, by permission of New Harbinger Publications (Oakland, CA), <http://www.newharbinger.com>.

YOUR VALUES: *What really matters to you, deep in your heart? What do you want to do with your time on this planet? What sort of person do you want to be? What personal strengths or qualities do you want to develop?*

1. **Work/Education:** includes workplace, career, education, and skills development.
2. **Relationships:** includes your partner, children, parents, relatives, friends, coworkers, and other social contacts.
3. **Personal Growth/Health:** may include religion, spirituality, creativity, life skills, meditation, yoga, nature; exercise, nutrition, and health risk factors such as smoking, alcohol, drugs, or overeating.
4. **Leisure:** how you play, relax, stimulate, or enjoy yourself; activities for rest, recreation, fun, and creativity.

THE BULL'S-EYE: make an X in each area of the dart board to represent where you stand today.

Copyright © 2018 Russ Harris.

Permission is granted to the reader to reproduce this form for personal use.