

INSTRUCTIONS

This is measurement of 1) consistency between your behaviour with valued directions and 2) persistence of valuing (choosing valued directions) even in the face of difficulty.

A) Consistency

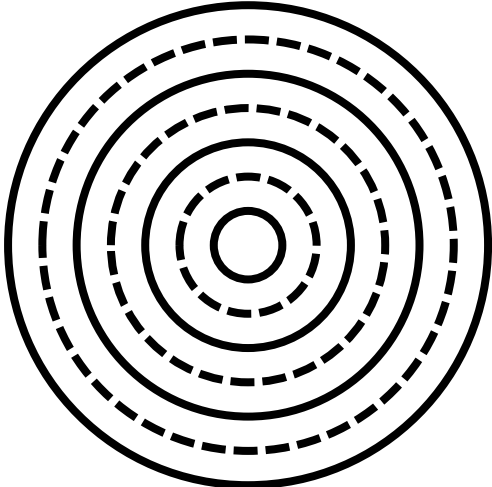
1) Define valued direction: Choose three areas of life that you would like to develop, because they are not a part of your life today or you are not as active in as you would like.

2) Placing the dart: Place the dart (place an X) on the dartboard that best represents the consistency between your behaviour in the past two weeks and the valued direction. The bull's eye represents perfect consistency and the consecutive four rings around bull's eye represent varying distance from this consistency.

B) Persistence of valuing

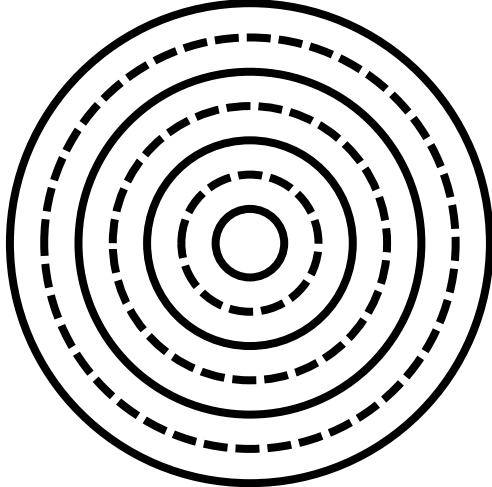
The second part of the Bull's eye instrument is a general measure of persistence, measuring your persistence in "valuing" or behaving consistently in valued directions in the face of difficulties. In this dartboard, the bull's eye represents perfect persistence in behaving in valued directions despite any difficulties.

The middle of the dartboard is the Bull's-eye and represents exactly the life you want in the area/value you chose. Place an X on the dartboard where you consider yourself to be right now with regard to how you would like to be living. If you are "far from" having it as you want in the domain you chose then put your X in the far from circle in the dartboard.



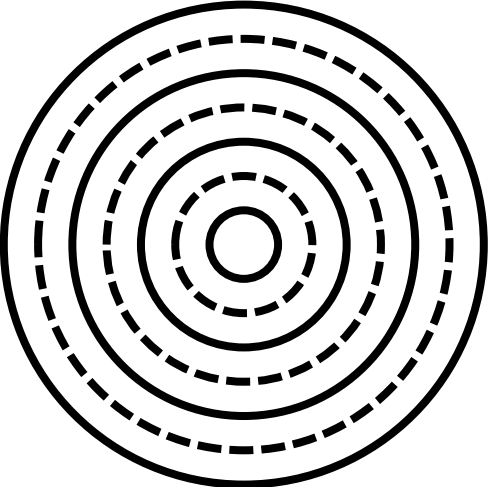
Value:

Notes:



Value:

Notes:



Value:

Notes:

Rate how often you persist in doing things you want to do in the face of difficulties or emotional resistance. Think about the three dartboards you have done before and how often you do the things you want in the face of those barriers. Put the **X** on the dartboard were it best represent your life right now. Bulls-eye means that you always take steps in your valued life direction even in the face of difficulties. “Far from”, means you don’t take steps in the direction you want in the face of the barriers you wrote down.

