

## Value Scale

This document allows you to get a clear understanding of what matters to you and the impact of those matters.

- Area: What area of your life will this impact?
  - o Mental Health | Physical Health | Finances | Tier 1 Relationship (Spousal) | Tier 2 Relationship (Close family) | Etc.
- **Influence:** Is this impact felt in a good or bad way?
  - o Positive | Negative
- Time: How soon will this impact be felt?
  - o Immediate | Short Term | Long Term
- Impact Frequency: How often will this impact be felt?
  - o Once | Daily | Weekly | Monthly | Indefinitely

Area	Influence	Time	Frequency	Why Does It Matter?