



मनस् - CENTER FOR MENTAL WELLNESS & COUNSELLING

# Am I Living in Line with My Values?

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10 questions about values alignment and psychological flexibility

**Dr. Priya Dubey Sharma**

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



## Dr. Priya Dubey Sharma

Founder & Consulting Psychologist | PhD | 18+ Years

Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Understanding yourself is the most courageous thing you can do. Simply pausing to ask how you are, and actually answering honestly, is an act of profound self-respect.

### THE STORY

#### Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey  
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



## Am I Living in Line with My Values?

This quick self-assessment helps you understand your psychological flexibility. It's based on principles of living a meaningful life aligned with your values.

### Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you regularly take time to consider what truly matters most to you in life?
- Do you find yourself acting in ways that are consistent with your deepest values?
- Do you often avoid certain situations or activities because they bring up uncomfortable feelings or thoughts?
- Do you tend to get caught up in your thoughts, believing them to be absolute truths rather than just mental events?
- Do you notice yourself struggling to stay present and engaged with what is happening right now?
- Can you clearly describe what a rich and meaningful life looks like for you?
- When faced with difficult thoughts or feelings, do you find it hard to continue pursuing what is important to you?
- Do you see yourself as more than just your thoughts and feelings, but as an observer of them?
- Are you able to let go of unhelpful or distressing thoughts without them controlling your actions?
- Do you actively engage in actions that move you towards what you care about, even when it's challenging?

**Score:** Count the number of 'Yes' answers. This indicates your level of psychological flexibility.



## Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

### SCORE: 0-3

#### Rigid and Stuck

This suggests you may be experiencing significant challenges with psychological flexibility. Consider exploring ways to connect with your values and engage more fully in life.

### SCORE: 4-6

#### Low Flexibility

Your flexibility might be limited in certain areas. Reflect on how thoughts and feelings are impacting your choices and explore gentle ways to move towards what matters.

### SCORE: 7-8

#### Moderate Flexibility

You show a reasonable degree of psychological flexibility. Continue nurturing your ability to stay present and act in line with your values, even when facing difficulties.

### SCORE: 9-10

#### High Flexibility

This indicates strong psychological flexibility. You are adept at connecting with your values and taking action aligned with them, even amidst challenges.

**Whatever your score: You took the time to check in with yourself. That takes courage.**

### DR. PRIYA'S TIP

Remember, psychological flexibility is a skill that grows with practice. Focus on small, consistent actions aligned with your values, and be kind to yourself through the process.

[Book a Session with Dr. Priya](#)



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which of your core values feels most neglected right now?

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2. What is one small step you can take this week to move towards a value, even if it feels uncomfortable?

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3. When you notice difficult thoughts or feelings, what's one thing you can do to relate to them differently instead of being swept away?

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How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

## Continue Your Journey

Recommended resources based on your results:

1

### Values Clarification Guide

Discover what truly matters to you and how to live by it.

₹199

2

### Mindful Living Toolkit

Learn practical techniques to stay present and reduce stress.

₹99

3

### Overcoming Inner Obstacles

Strategies to manage difficult thoughts and feelings effectively.

₹199

### TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at [manas365.com/assessments](https://manas365.com/assessments)



### Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



## Stay Connected with Manas

Scan any QR code below to explore more resources, book a session, or reach us on WhatsApp.



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[manas365.com](https://manas365.com)



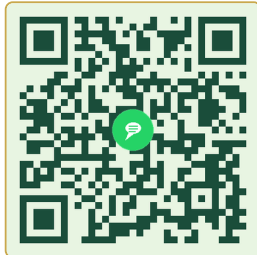
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**"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."**

– Dr. Priya Dubey Sharma

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**Disclaimer:** This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: [priya@manas365.com](mailto:priya@manas365.com) | +91 99818 13224