

Your values ACT-ion plan

Think of your values as chosen life directions, that help you to make wise judgments and act based on what is most important to you.

Your values are not fixed: they are beginning points for you to work with, drawn from direct contact with your experience.

Sometimes we are unaware of our values, and it can be helpful to think on the following questions:

- What do I really want?
- What changes can I want to make in my life to make this more likely?
- If the negative thoughts and feelings weren't a problem, what would be different in my life?
- What type of relationships would I build and with whom?
- What changes would I make to improve my health and wellbeing?
- What could I do if I didn't worry about fear of failure?
- What projects/activities could I start/continue if my time and energy weren't consumed by emotion?
- What changes would I make in my work life?

Use this box to make some notes about your values ACT-ion plan

Your values statement

Using the structure below, create a statement that identifies your values.

“My main goal is to _____

The values underlying this goal are _____

The thoughts, feelings, urges and sensations related to this goal are _____

The challenges in my way of achieving this goal are _____

I can break this goal down into smaller steps by _____

The next step (that is challenging, but I have a chance at succeeding in) is _____

I will start with _____

The exact time, day and date that I commit to taking that first step, is _____

_____”

Further information

For additional resources, see Dr Russ Harris' (2007) worksheets:

https://thehappinesstrap.com/upimages/The_Complete_Happiness_Trap_Worksheets.pdf