**ACT Worksheet: "Living in Alignment with Your Values"**

**Purpose:**

This worksheet is designed to help you identify your core values and take actions that are in alignment with them. **Acceptance and Commitment Therapy (ACT)** focuses on helping you live a meaningful life by engaging in actions that reflect what truly matters to you. By understanding your values, you can make choices that contribute to a life filled with purpose and fulfillment, even in the presence of difficult thoughts and emotions.

Living according to your values is a central principle of ACT because it provides a sense of direction and motivation, no matter what challenges arise. In ACT, we are encouraged to **accept** our thoughts and feelings instead of trying to eliminate them. By doing so, we free ourselves from being controlled by them. Once we accept our experiences, we can focus on what we truly want in life and take committed action in alignment with our values, regardless of the obstacles that may appear.

This worksheet will guide you through a series of exercises to identify your personal values, explore areas of life where you may not be fully aligned with them, and set small, practical goals that can bring you closer to living a value-driven life.

**Step 1: Identifying Your Core Values**

Core values are the principles that guide your behavior and decisions. They represent what is most important to you in life, such as family, love, honesty, creativity, or personal growth. These values act as your internal compass, helping you navigate through difficult situations.

**Instructions:** Below is a list of common values. Circle the ones that resonate with you, or feel free to add others that are meaningful to you.

1. **Personal Growth**
2. **Family**
3. **Compassion**
4. **Health**
5. **Honesty**
6. **Courage**
7. **Creativity**
8. **Kindness**
9. **Freedom**
10. **Spirituality**
11. **Adventure**
12. **Connection**
13. **Achievement**
14. **Joy**
15. **Equality**
16. **What values did you circle? Are there others that are important to you?**

**Step 2: Exploring Value-Based Areas of Life**

Next, let's explore different areas of your life and reflect on whether or not you're living in alignment with your values. This exercise helps you identify where you're currently thriving and where there may be room for growth.

**Instructions:** For each area of your life, rate on a scale of 1 to 10 (with 1 being “not at all” and 10 being “fully aligned”) how well you feel you are living in alignment with your values.

| **Area of Life** | **Rating (1-10)** | **Notes or Examples** |
| --- | --- | --- |
| **Relationships (Family/Friends)** |  |  |
| **Work/Career** |  |  |
| **Health (Physical/Emotional)** |  |  |
| **Personal Growth** |  |  |
| **Spirituality** |  |  |
| **Leisure/Creativity** |  |  |
| **Community Involvement** |  |  |

1. **Which areas have the lowest ratings? What would you like to do differently in these areas to align better with your values?**

**Step 3: Defining Small Actions for Change**

Living in alignment with your values doesn't require a major overhaul—it’s about making small, consistent changes that reflect what's important to you. The idea is to take actionable steps that move you toward your values each day, even if it’s just one small step at a time.

**Instructions:** Below are examples of value-driven actions. Think about the values you've chosen, and write down one specific action you can take in the next week that aligns with each value.

| **Value** | **Small Action for the Week** |
| --- | --- |
| **Personal Growth** | Reading a book or taking a course to develop a new skill. |
| **Family** | Spending 30 minutes each day with loved ones, without distractions. |
| **Health** | Taking a 20-minute walk every day to improve physical well-being. |
| **Creativity** | Setting aside time to work on a creative project, like writing or painting. |
| **Compassion** | Offering help to someone in need, or volunteering for a cause. |

1. **What is one action you can take this week for each of your core values?**

**Step 4: Dealing with Barriers to Living According to Your Values**

Sometimes, we face obstacles that make it hard to act in alignment with our values. These barriers could be negative thoughts, time constraints, fear of failure, or external pressures. It’s important to recognize these barriers and come up with strategies to work through them.

**Instructions:** Think of a value-based action you want to take this week and identify any obstacles that might prevent you from doing so. Then, create a plan for how you can overcome these barriers.

1. **What is one action you want to take this week based on your values?**
2. **What obstacles might get in your way (e.g., thoughts, feelings, time constraints)?**
3. **How can you work through these obstacles to stay aligned with your values?**

**Step 5: Reflection**

As you move forward, it’s important to check in with yourself regularly and reflect on how well you are staying true to your values. Remember, the goal is progress, not perfection.

**Instructions:** After a week of taking value-driven actions, reflect on your experience.

1. **How did it feel to take actions based on your values?**
2. **What went well? What was challenging?**
3. **What will you do next to continue living according to your values?**

**Conclusion:**

Living a life aligned with your values is a continuous journey. Each step you take toward living authentically brings you closer to a meaningful life. Remember, ACT encourages you to **accept** your thoughts and feelings, **commit** to actions that align with your values, and **take** consistent steps toward your ideal life. No matter what challenges arise, stay true to what matters most to you, and you’ll find greater purpose and satisfaction.