

ACT Bullseye Worksheet

Name:	Age:
Gender:	Date:

The Bull's Eye dart board on the next page is divided into four areas of living that are important in people's lives: work/education, leisure, relationships and personal growth/health.

1. **Work/Education** refers to your career aims, your values about improving your education and knowledge, and generally feeling of use to those close to you or to your community (i.e., volunteering, overseeing your household, etc.).
2. **Leisure** refers to how you play in your life, how you enjoy yourself, your hobbies or other activities that you spend your free time doing (i.e., gardening, sewing, coaching a children's soccer team, fishing, playing sports).
3. **Relationships** refers to intimacy in your life, relationships with your children, your family of origin, your friends and social contacts in the community.
4. **Personal growth/health** refers to your spiritual life, either in organized religion or personal expressions of spirituality, exercise, nutrition, and addressing health risk factors like drinking, drug use, smoking, weight.

Identify Your Values

Start by describing your values within each of the four values areas. Think about each area in terms of your dreams, like you had the possibility to get your wishes completely fulfilled.

What are the qualities that you would like to get out of each area and what are your expectations from these areas of your life? Your value should not be a specific goal but instead reflect a way you would like to live your life over time.

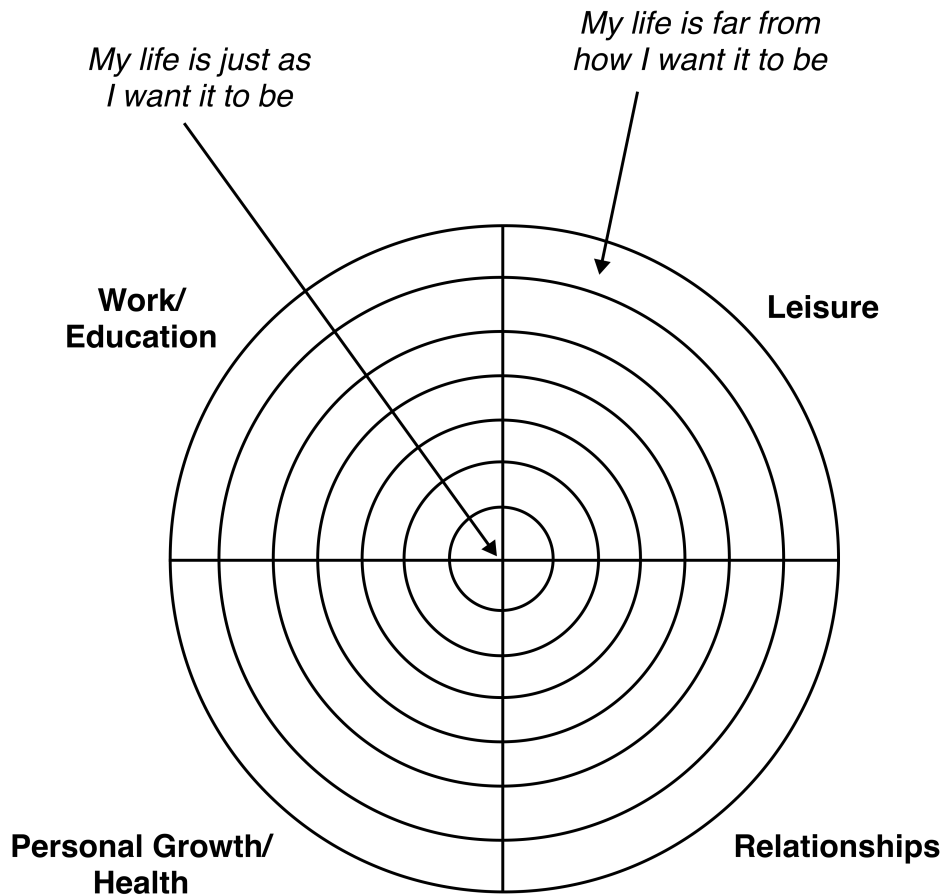
For example, getting married might be a goal you have in life, but it just reflects your value of being an affectionate, honest and loving partner. To accompany your son to a baseball game might be a goal; to be an involved and interested parent might be the value.

Write your value for each area on the space provided below:

Work/Education:	Leisure:
Relationships:	Personal Growth/Health:

Now, look again at the values you have written. Think of your value as "bull's eye" (the middle of the dart board). "Bull's eye" is exactly how you want your life to be, a direct hit, where you are living your life in a way that is consistent with your value.

Now, make an X on the dart board in each area that best represents where you stand today.



Identify Your Obstacles

When you think of the life you want to live and the values that you would like to put in play, what gets in the way of you living that kind of life? Describe any obstacle(s) you have:

Now estimate to what extent the obstacle (s) you just described can prevent you from living your life in a way that is in keeping with your values. Choose one number below that best describes how powerful this obstacle (s) is in your life:

Doesn't prevent me at all 1 [] 2 [] 3 [] 4 [] 5 [] 6 [] 7 [] *Prevents me completely*

Valued Action Plan

Think about actions you can take in your daily life that would tell you that you are zeroing in on the bull's-eye in each important area of your life. Try to identify at least one value-based action you are willing to take in each of the four areas listed below.

Work/Education:	Leisure:
Relationships:	Personal Growth/Health:

Adapted from:

Lundgren, T., Luoma, J. B., Dahl, J., Strosahl, K., & Melin, L. (2012). The Bull's-Eye Values Survey: A psychometric evaluation. *Cognitive and Behavioral Practice, 19*(4), 518–526.
<https://doi.org/10.1016/j.cbpra.2012.01.004>