

Clarifying Your Values - ACT Worksheet

Client Name:

Background:

Instructions:

This worksheet will clarify your values using Acceptance and Commitment Therapy (ACT) principles. Please follow the steps below to understand better your core values and how they can guide your actions.

Step 1: Self-Reflection

Take a few moments to reflect on your life as a whole. Consider your experiences, relationships, accomplishments, and challenges. Answer the following questions:

1. What are the moments or experiences in your life that have brought you the most joy, fulfillment, or a sense of purpose?
2. What are the qualities you admire most in others?
3. What would it look like if you were to describe your ideal life? What kind of person would you want to be?
4. What activities or pursuits make you feel like you are truly being yourself?

Step 2: Identifying Values

Review your answers from Step 1 and identify the values evident in those moments. Values are not goals; they are the guiding principles that influence your decisions and behaviors. List 5-10 values that resonate with you.

- 1.
- 2.
- 3.
- 4.
- 5.

Step 3: Prioritizing Values

Rank the values you listed in Step 2 based on their importance to you. Consider what truly matters most in the long run. Number them from 1 (highest priority) to X (lowest priority).

- 1.
- 2.
- 3.
- 4.
- 5.

Step 4: Values in Action

For each top-priority value, brainstorm specific actions or behaviors that align with that value. These actions should reflect how you want to live your life in accordance with your values.

Value: _____

Actions:

- 1.
- 2.
- 3.
- 4.
- 5.

Repeat this step for each of your prioritized values.

Step 5: Commitment

Choose at least one action from each value category and commit to taking those actions in your daily life. Remember, the goal is not perfection but consistent effort in living a value-driven life.

Signature:

Date: