

Diary of Daily Actions on Values and Priorities DBT Worksheet

Name: _____ Date: _____



Morning reflection (Complete at start of day)

Today's top priorities:

1.

2.

3.

Personal values I want to honor today:

- ☐ Honesty
- ☐ Compassion
- ☐ Courage
- ☐ Connection
- ☐ Self-care

- ☐ Growth
- ☐ Creativity
- ☐ Patience
- ☐ Gratitude
- ☐ Other:

One small action I can take to express my values today:

Potential challenges I might face today:

Skills I can use if emotions get intense:

☐ Mindfulness

☐ Distress tolerance

☐ Emotion regulation

☐ Interpersonal effectiveness

Evening check-in (Complete at end of day)

Priorities I accomplished today:

Challenging moments and how I responded:

Did my actions align with my values?

☐ Yes, completely

Somewhat

No, not today

My emotions throughout the day (choose intensity 1, lowest - 5, highest):

Morning:

☐ 1 2 3 4 5

Afternoon:

☐ 1 2 3 4 5

Evening:

☐ 1 2 3 4 5

DBT skills I used today:

What I learned today about my values or priorities:

One thing I'm grateful for today:

Tomorrow, I want to remember: