

Life Compass ACT Worksheet

Name	Date:
Self-reflection	
Personal values: List your core values – the principles that guide your decisions and actions. (e.g., honesty, empathy, creativity, courage)	
Passions and interests: Identify activities, subjects, or hobbies that you're truly passionate about.	
Strengths and skills: List your strengths and skills – things you're naturally good at or have developed over time.	
Setting goals	
Short-term goals: Write down specific goals you want to achieve in the next 1-2 years.	
Long-term goals: Outline your aspirations for the next 5-10 years or more. What do you want to accomplish in the bigger picture?	
Core areas of life	
Career/professional: Describe what you envision for your career or professional life. How does it align with your values and passions?	
Personal growth: How do you plan to continue growing and developing as a person? Are there skills you want to acquire or areas you want to improve?	

Health and well-being: What steps will you take to maintain your physical, mental, and emotional well-being?

Relationships: How will you nurture and cultivate meaningful relationships with family, friends, and romantic partners?

Decision-making

Referencing your life compass: When faced with decisions, refer back to your values, passions, and goals. Ask yourself if the choice aligns with your life compass.

Mindful choices: How can you practice mindfulness when making decisions? Consider pausing to reflect before reacting.

Regular review

Review frequency: How often will you review and potentially revise your life compass? (e.g., every 6 months, annually)

Adjustments: Are there any changes you need to make to your life compass based on new experiences or insights?

Seeking support

Accountability partner: Identify someone you trust who can help hold you accountable to your life compass.

Mentors or advisors: Who can provide guidance and wisdom as you navigate your journey?

Additional notes