

# Life Compass ACT Worksheet

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