

# Problems and Values ACT Worksheet

Name:

Date:

**Instructions:** This worksheet will help you identify and clarify the problems you currently face in your life and the values that are important to you. By examining these aspects, you can gain a clearer understanding of what matters to you and begin working towards solutions aligned with your values. Take your time to reflect and answer the questions below.

## Part 1: Problems

List the major problems or challenges you are currently facing in your life. Be as specific as possible.

1.

2.

3.

4.

5.

Select one problem from the list above that you consider a priority. Describe why it is important to address this problem and how it affects your life.

Problem:

Importance and impact on your life:

Reflect on the potential causes or contributing factors to the problem you selected. Write down any thoughts or observations you have about what might be causing or influencing this problem.

Causes or contributing factors:

## Part 2: Values

Identify your core values by reflecting on what is truly important to you. These values are principles or qualities that you want to embody in your life. Write down the values that resonate with you the most.

1.

2.

3.

4.

5.

Select one value from your list that you consider particularly significant at this point in your life. Describe why this value is important to you and how it aligns with your overall aspirations and goals.

Value:

Importance and alignment with your goals:

Consider how living in alignment with this value would impact your life and help you address the problem you identified earlier. Write down any thoughts or insights about how your value can guide your actions and decisions.

Impact of value on problem-solving:

### Part 3: Action steps

Based on your reflections above, brainstorm some potential actions or strategies that align with your chosen value and could help you address the problem you identified. Think about specific steps you can take, resources you can utilize, or people you can involve.

1.

2.

3.

4.

5.

Identify any potential obstacles or challenges you might encounter while implementing these action steps. Consider ways to overcome or navigate these challenges.

Obstacles and possible solutions:

Choose one action step from your list that you are committed to taking. Specify a timeline and any necessary resources or support you will need to accomplish this step.

Selected action step:

Timeline:

Resources/support needed: