

Valuer Path ACT Worksheet

Patient Information

Name: _____

Date: _____

Therapist: _____

Instructions:

In this worksheet, we will explore your core values, set meaningful goals aligned with those values, and identify potential obstacles. Please take your time to reflect on each section.

Section 1: Identifying Your Core Values

1. List Your Core Values

Value 1: _____

Value 2: _____

Value 3: _____

Value 4: _____

Value 5: _____

2. Rank Your Values

Value 1 (Most Important): _____

Value 2: _____

Value 3: _____

Value 4: _____

Value 5 (Least Important): _____

Section 2: Setting Meaningful Goals

Based on Your Values

Goal 1: _____

Goal 2: _____

Goal 3: _____

Goal 4: _____

Section 3: Exploring Potential Obstacles

1. Identify Obstacles

Obstacle 1: _____

Obstacle 2: _____

Obstacle 3: _____

Obstacle 4: _____

2. Strategies for Overcoming Obstacles

Obstacle 1

- Strategy 1: _____

- Strategy 2: _____

Obstacle 2

- Strategy 1: _____

- Strategy 2: _____

Obstacle 3

- Strategy 1: _____

- Strategy 2: _____

Obstacle 4

- Strategy 1: _____

- Strategy 2: _____

Section 4: Commitment to Action

1. Commit to Action

Action for the Week: _____

2. Review and Reflect

Reflections: