

Willingness and Action Plan ACT Worksheet

Personal Information:

Name: _____ Date: _____

Instructions: Complete each section mindfully, reflecting on your thoughts and feelings. There are no right or wrong answers; this is a tool for self-discovery and growth.

Understanding Willingness: Reflect on a situation where you've felt uncomfortable emotions, thoughts, or sensations:

Describe this situation:

Typical Reaction:

How do you usually react when faced with discomfort in this situation?

Exploring Willingness: Consider how embracing willingness might change your response to this uncomfortable experience:

Benefits of Willingness (e.g., reduced struggle, increased flexibility):

Creating Your Action Plan: List specific actions you can take that are consistent with your values:

Connecting Actions with Values: Explain how each action you've listed aligns with your core values:

Practicing Willingness in Action: Imagine engaging in these actions while allowing any uncomfortable thoughts, feelings, or sensations to be present:

Describe how you can approach these actions with willingness:

What might it look like to experience discomfort and still take action?

Fostering Self-Compassion: Write down a self-compassionate statement you can use when practicing willingness:

Envisioning Positive Change: Aligning with Values and Taking Action

Picture a life where you consistently engage in actions aligned with your values, regardless of discomfort:

How would your actions be different from your current choices?

How would you approach challenges with a willingness to experience discomfort?

What impact would this approach have on your overall well-being?

Creating Your Willingness and Action Plan

How can you incorporate both willingness and committed actions into your daily life? Consider how they can support each other.

List situations where you can practice willingness:

Describe how commitment strengthens your values-aligned actions:

Note how both willingness and action contribute to a more meaningful life:

*Adapted from "The Confidence Gap" copyright Russ Harris, 2010 www.thehappinesstrap.com
www.actmindfully.com.au*