

humantold

Values to Committed Action (Part 1)

This activity discusses values and action from the perspective of ACT (Acceptance and Commitment Therapy) to help create a life in alignment with your guiding principles.

First off, what are values what they aren't:

- **Guiding principles** or *North Star* of what matters most in your life.
- **Values are not goals**, since they cannot be accomplished they are just something you live and prioritize in the present. An example is getting married (goal) and being a loving spouse (value). The value is something you chose over and over to align with and sometimes make missteps with.
- **Values are defined by you.** When we grow up our parents, friendships, society, religion, early life experiences influence our values. However, as we grow up we start to become our own person determining what is important or meaningful to us. We start to reaffirm the values we know or begin to break away from it.
- **Values are not "shoulds" or "must dos."**
- **Values are not feelings.** This is tricky because "I value happiness" sounds good, but it is a feeling and thus temporary signals outside of our control. Instead ask "If I did feel happy right now, what would I be doing differently?" This may point to a value.
- Living a value oriented life is not about preventing pain or even changing your internal experience. It is about accepting your experience and changing your behaviors towards things you find meaningful ("committed action").

Some examples of values you might enjoy in the different areas of your life from the free questionnaire viacharacter.org:

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| ● CREATIVITY | ● LOVE | ● SELF-REGULATION |
| ● CURIOSITY | ● KINDNESS | ● APPRECIATION OF
BEAUTY & EXCELLENCE |
| ● JUDGMENT | ● SOCIAL INTELLIGENCE | ● GRATITUDE |
| ● LOVE OF LEARNING | ● TEAMWORK | ● HOPE |
| ● PERSPECTIVE | ● FAIRNESS | ● HUMOR |
| ● BRAVERY | ● LEADERSHIP | ● SPIRITUALITY |
| ● PERSEVERANCE | ● FORGIVENESS | |
| ● HONESTY | ● HUMILITY | |
| ● ZEST | ● PRUDENCE | |
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