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Values to Committed Action (Part 2)

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.

Creating Value Statements:

For each area of your life, write a bit of what matters to you. Make sure it does not fall into goal setting such as "I want to exercise 3 to 5 times per week." Instead phrase it as "I want to live a healthy lifestyle." Or turning "I want to call my parents once a week," into "I want to show my parents love and appreciation."

Activity: Below are some example categories, but feel free to change them based on what is important for you to prioritize. If you want to go further, rank them based on how you would like to prioritize them at this moment (will change based on the circumstances).

Family

Intimate Relationships

Parenting

Friendships

Education/Career

Recreation/Hobbies

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Health

Spirituality

Community

Other

An additional thing to consider is **when values conflict** such as when work takes away time from family, friends, or self care.

- Figure out if these values can connect such as working, allow you to provide for your family or allow you to express your love of learning, creativity, or achievement. Add this to your value statement.
 - Another important thing is to set healthy limits and boundaries. Think about how you might prioritize based on your circumstance.
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