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Values to Committed Action (Part 3)

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.

What is Committed Action?

- Any step you take towards one of your values.
- This differs from goals since while goals focus on a future outcome such as if health is the value you are prioritizing, "Losing 10 pounds" is a goal while "Driving to the gym" is an action.
- Shifts focus from the outcome and instead the process occurring in the present.
- This can help to separate yourself from comparison and progress.
- When you commit to action in service of your values the pain you go through is connected to a purpose you find meaningful.

Activity: For each area of your life write 1-2 committed actions you would like to commit too. Use the value statements from part 2 to help guide you.

Family

Intimate Relationships

Parenting

Friendships

Education/Career

Recreation/Hobbies

Health

Spirituality

Community

Other:

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Additionally, you can use this with struggles you may be having. Try thinking of 1-2 committed actions towards those. Some examples are listed:

Stress (Meditate for 5 mins a day or journal before bedtime)

Worry & Anxiety (Do something facing your fears)

Self-Esteem (Write 5 good qualities you like about yourself)

Perfectionism (15 mins/day self compassion)

Other:

Other:

Other:

Gustafson, C. (2019). *Reclaim your life: Acceptance & commitment therapy in 7 weeks: Strategies to manage depression, anxiety, Ptsd, Ocd, and more.* Rockridge Press.