

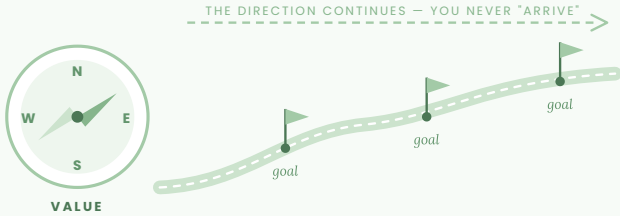
Values vs Goals

A WORKSHEET FOR LIVING BY WHAT MATTERS TO YOU

In Acceptance and Commitment Therapy (ACT), *values* are the qualities you want to bring to how you live, giving life direction and meaning. Goals are specific steps along the way.

THE COMPASS METAPHOR

Values Are a Direction, Goals Are Places Along the Way



Like heading west, a value can guide you forever — while each goal reached is a milestone on the journey.

	VALUES	GOALS
NATURE	A direction to move in	A destination to reach
FINISHED?	Never fully completed	Can be ticked off
WHEN	Available right now	Usually in the future
CONTROL	Always within your choice	May depend on circumstances
ASKS	"What kind of person do I want to be?"	"What do I want to achieve?"
EXAMPLE	Being a caring friend	Call Sam this weekend

STEP 1 Explore Your Values Circle words that resonate — there are no right or wrong values

Kindness Honesty Courage Curiosity Connection Compassion Creativity Fairness Patience Playfulness
Growth Loyalty Gratitude Respect Humour Presence Integrity Generosity Learning Calm

STEP 2 Values Across Life Domains Rate importance and how closely you've lived it lately (0–10)

DOMAIN	WHAT MATTERS TO ME HERE...	IMPORTANCE	LIVING IT
Partner & family		/10	/10
Friendships		/10	/10
Work & contribution		/10	/10
Learning & growth		/10	/10
Health & body		/10	/10
Rest & play		/10	/10
Community & purpose		/10	/10

Large gaps between importance and living it can point to where small, values-based steps may matter most.

STEP 3 From Values to Goals Choose one or two values and plan steps in that direction

MY VALUE	
Today	
This week	
This month	
This year	

MY VALUE	
Today	
This week	
This month	
This year	

STEP 4 Make Goals Workable And make room for what shows up

AN ACT VERSION OF SMART

Goals That Serve Your Values

- S** Specific — what exactly will you do?
- M** Meaningful — is it guided by a value?
- A** Adaptive — will it help your life, overall?
- R** Realistic — is it possible with your resources?
- T** Time-framed — when will you do it?

WILLINGNESS

What Might Get in the Way?

Thoughts or feelings that may show up:

Am I willing to have them, and still take this step?

One kind thing I'll say to myself if it's hard:

Goals can be reached or missed — but you can live by your values in any moment.

SOURCES

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