

Living Close to My Values

How closely I'm living by what matters, and one step closer

Use the values you chose on your Values Inventory. There are no right answers: the aim is an honest picture of where you are now, held with curiosity rather than judgement.

01 Where am I now? — over the past two weeks

In each area, mark an **X** for how closely you've been living by your values. The centre means fully; the outer ring means far from them.

● centre: living fully by my values ○ edge: far from them

02 What matters in each area — from my Values Inventory

Work & education
importance /10

What matters to me here (work, study, volunteering, my role)

Relationships
importance /10

What matters to me here (partner, family, friends, community)

Personal growth & health
importance /10

What matters to me here (body, mind, spirit, self-care)

Leisure & play
importance /10

What matters to me here (rest, play, hobbies, enjoyment)

03 One step closer — committed action

The area I'll focus on

One small, specific step towards my values

When and where I'll do it

04 What might show up — and making room for it

Thoughts

Feelings

Urges

Willing to make room for these? ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

0 1 2 3 4 5 6 7 8 9 10

If they show up, I'll...

What the research suggests

Values work is central to ACT. A 2015 meta-analysis of 39 trials found ACT generally outperformed control conditions and was broadly comparable to established treatments. The specific contribution of values exercises is still being studied.

To bring to my next session

What happened when I took my step, and what showed up?

SOURCES

A-Tjak, J. G. L., Davis, M. L., Morina, N., Powers, M. B., Smits, J. A. J., & Emmelkamp, P. M. G. (2015). A meta-analysis of the efficacy of acceptance and commitment therapy for clinically relevant mental and physical health problems. *Psychotherapy and Psychosomatics*, 84(1), 30–36. <https://doi.org/10.1159/000365764>

Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2012). *Acceptance and commitment therapy: The process and practice of mindful change* (2nd ed.). Guilford Press.

Lundgren, T., Luoma, J. B., Dahl, J., Strosahl, K., & Melin, L. (2012). The Bull's-Eye Values Survey: A psychometric evaluation. *Cognitive and Behavioral Practice*, 19(4), 518–526. <https://doi.org/10.1016/j.cbpra.2012.01.004>