**Taking ACTion: Values**

*“Life is a choice. The choice here is not about whether or not to have pain. It is whether or not to live a valued, meaningful life.”* --Steven Hayes, PhD

**Journal Exercise: Reflection on Practice**Did you practice any of the listed skills? What did you observe? If not, what got in the way?

**Journal Exercise: Graduation Journey**What came up for you? Who did you imagine speaking? What did you most want them to say about you? What other thoughts/feelings did you notice?

**Values Compass**

Values are what we find meaningful in life. They are what you care about and consider to be important. Values are different for everybody, and they can change over time. Values aren’t goals so much as a direction.

The domains below are valued by some people. Leaving aside any obstacles for the moment, think about what is important to you, and what you think makes for a meaningful life that you could value.

# Family Relations

*What kind of relationships do you want with your family?*

|  |  |
| --- | --- |
| *What relaxes you? When are you most playful?* | *What qualities do you want to bring as an employee? What kind of work relationships would you like to build?* |

*What kind of mother/father/brother/sister/uncle/aunt do you want to be?*

**Partner**

**Relationships**

*What kind of husband/wife/partner do you want to be?*

*What quality of relationship do you want to be a part of?*

**Training/ Personal Growth**

*What passions would you like to develop or learn about?*

*How do you want to approach training and/or growth?*

*Who would you like to learn from?*

**Friendships/**

**Social Relationships**

*What sort of friend do you want to be?*

*What friendships are important to*

*cultivate? How would you act towards*

*your friends?*

**Spirituality**

*If applicable, what kind of*

*relationship do you want with*

*God(s)/ nature/ the Earth?*

**Physical Wellbeing**

*What kind of values do you have*

*regarding your physical wellbeing? How*

*do you want to look after yourself?*

**Recreation**

*How would you like to enjoy yourself?*

**Employment**

*What kind of work is valuable to you?*

**Citizenship**

**/Community**

*What kind of environment do you*

*want to be a part of? How do you*

*want to contribute to your*

*community?*

# Education/

*How would you like to grow?*

*What kind of skills would you like to develop? What would you like to know more about?*

*Adapted from Psychology Tools: http://psychology.tools and the Valued Living Questionnaire (Wilson 2010)*

**Values Compass Exercise**

For each domain write a quick summary of your values. Rate each for how important it is to you from 0-10 (0=not important).

Physical Wellbeing

Family Relations

Employment

Education

Friendships/Social Relationships

Training/Growth

Marriage/Dating/Intimate Relationships

Recreation

Spirituality

Citizenship/Community

**The Willingness and Action Plan**

My goal is to (be specific):

The values underlying my goal are:

The actions I will take to achieve that goal are (be specific):

The TIMES (thoughts, images, memories, emotions, sensations) I’m willing to make room for (in order to achieve this goal):

* Thoughts/ Images: (e.g. “I can’t do this” “I’m not good enough” “This is hard” “I’m a failure,” “What will people think of me?” “What if I am awkward”)

* Memories: (e.g. past situations of feeling embarrassed, failing in the past, family issues)

* Emotions: (e.g. Sadness, Fear, Guilt, Anger, Frustration, Jealousy, Boredom, Joy)

* Sensations:(e.g. tension, racing heart, tingling, numbness, feeling hot or cold, stomach issues)

* It would be useful to remind myself that:

* If necessary, I can break this goal down into smaller steps, such as:

* The smallest, easiest step I can begin with is:

* The time, day and date that I will take that first step, is: