

Values Workbook

Discovering, prioritizing and living your values

Research-informed use. ACT concepts are presented as processes in a psychological-flexibility model. Values are directions for action rather than achievements; defusion changes the relationship to thoughts rather than proving them false.

ABOUT THIS RESOURCE

A client workbook on values in ACT. It introduces ACT and the role of values, offers a list of values and a set of worksheets to identify your own across life domains, then helps you prioritize three and track living them day to day with a values diary.

HOW TO USE IT

Work it in order over two or three weeks. The diary on page 25 becomes a standing between-session task.

AT A GLANCE

AUDIENCE	Client Resource
FORMAT	Workbook
FAMILY	ACT · values · mindfulness

28

PAGES

14

WORKSHEETS

6

TEACHING PAGES

6

REFERENCE PAGES

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Values Workbook: Contents

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Values Workbook · information

This workbook is a tool for self-discovery and personal growth. It will guide you through one of the principles of ACT, which emphasises acceptance of your thoughts and emotions and commitment to actions that align with your core values. By embarking on this journey, you'll gain a deeper understanding of why values are essential in living a meaningful life.

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One fundamental concept in ACT is the idea of "psychological flexibility." This concept involves learning to be more open and accepting of difficult thoughts and feelings rather than struggling to control or eliminate them. By acknowledging and accepting these emotions, individuals can free themselves from the cycle of avoidance and suppression, ultimately reducing the emotional distress often associated with mental health disorders.

Values Workbook · information

By defusing from these thoughts, individuals gain more control over their responses and actions. In summary, Acceptance and Commitment Therapy offers a valuable approach to the treatment of mental health disorders by promoting psychological flexibility, values-based living, and defusion. This therapeutic model equips individuals with the skills to embrace their emotions and thoughts while guiding them toward actions that align with their core values.

How might this inform one next step?

[illegible]

WHAT ARE VALUES?

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In Acceptance and Commitment Therapy (ACT), values play a central role in helping individuals lead more meaningful and fulfilling lives. Values, in the context of ACT, represent the deeply held beliefs and principles that guide a person's actions, decisions, and behaviours. ACT emphasises the importance of identifying and connecting with one's values as a path to psychological flexibility and well-being.

Values in ACT are important because they provide a framework for living a life that is authentic and in line with one's true self. They serve as a compass that directs individuals toward actions that are consistent with their core beliefs. By identifying and embracing their values, individuals can navigate life's challenges with purpose and resilience.

This not only enhances their mental and emotional well-being but also helps them create a life that is more in harmony with what truly matters to them. ACT encourages individuals to actively use their values in everyday decision-making.

What stands out?

How might this inform one next step?

1. Keep in view

By recognising their values and choosing actions that align with them, individuals can overcome the barriers posed by difficult thoughts and emotions.

2. Keep in view

For example, if someone values health and well-being, they may choose to engage in regular exercise, even when anxiety or self-doubt arises.

3. Keep in view

This is a powerful way of practicing psychological flexibility and resilience, allowing individuals to move toward a values-driven life despite the presence of discomfort or negative thoughts.

WHAT ARE VALUES?

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QUICK-REFERENCE LIBRARY

- WHAT ARE VALUES? Think of your values as a compass. They provide a clear direction, guiding you through life's challenges and
- align with what truly matters to you. Like a compass in uncharted territory, your values lead you on a journey toward
- uncertainties. Just as a compass points north, your values point you toward a meaningful and fulfilling life. While
- a life of purpose, authenticity, and fulfillment.
- obstacles may temporarily cloud your view, your values remain your reliable guide, helping you make choices that

Values Workbook · worksheet

WHAT ARE VALUES?

NORA MARKARIAN, LMHC-D, NCC 8 / 28

LIST OF VALUES

Values Workbook · reference list

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- | | |
|-------------------|------------------------|
| ● LIST OF VALUES | ● Freedom |
| ● Authenticity | ● Growth |
| ● Connection | ● Service |
| ● Mindfulness | ● Humility |
| ● Compassion | ● Honesty |
| ● Forgiveness | ● Connection to nature |
| ● Courage | ● Family |
| ● Gratitude | ● Friendship |
| ● Curiosity | ● Independence |
| ● Creativity | ● Spirituality |
| ● Resilience | ● Love |
| ● Kindness | ● Generosity |
| ● Acceptance | ● Commitment |
| ● Flexibility | ● Responsibility |
| ● Patience | ● Altruism |
| ● Integrity | ● Respect |
| ● Empathy | ● Wisdom |
| ● Self-compassion | ● Excellence |
| ● Joy | ● Graciousness |
| ● Self-care | ● Fairness |
| ● Balance | ● Environmental |
| ● Health | ● consciousness |
| ● Serenity | ● Inner peace |

Leadership

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- Leadership
- Trust

- Community
- Tolerance

- Safety

IDENTIFYING VALUES

Values Workbook · worksheet

Use a recent, manageable example. Fragments are fine; skip any prompt that does not fit.

IDENTIFYING VALUES We are going to focus on ten different domains to help you identify your own values. Each domain will have questions to get you thinking and help you define what's important to you.

Romantic Relationships What qualities do you value most in a romantic partner?

What does a healthy and fulfilling romantic relationship look like to you?

How do you want to express love and affection in your romantic relationship?

IDENTIFYING VALUES

Values Workbook · worksheet

Use a recent, manageable example. Fragments are fine; skip any prompt that does not fit.

IDENTIFYING VALUES Parenting What are your core beliefs about parenting and raising children?

What kind of parent do you strive to be for your children?

What values guide your decisions when it comes to parenting?

IDENTIFYING VALUES

Values Workbook · worksheet

Use a recent, manageable example. Fragments are fine; skip any prompt that does not fit.

IDENTIFYING VALUES Family relations What values are most important to you when it comes to your family dynamics?

How do you want to contribute to the well-being of your family members?

What role do family traditions and connections play in your life?

IDENTIFYING VALUES

Values Workbook · worksheet

Use a recent, manageable example. Fragments are fine; skip any prompt that does not fit.

IDENTIFYING VALUES Friendship What qualities and behaviours do you value in your friendships?

How do you want to show support and loyalty to your friends?

What role do your friends play in your life and how do they align with your values?

IDENTIFYING VALUES

Values Workbook · worksheet

Use a recent, manageable example. Fragments are fine; skip any prompt that does not fit.

IDENTIFYING VALUES Career What aspects of your career bring you the most satisfaction and fulfilment?

What are your long-term career goals and how do they reflect your values?

How do you want to contribute to your workplace and profession in alignment with your values?

IDENTIFYING VALUES

Values Workbook · worksheet

Use a recent, manageable example. Fragments are fine; skip any prompt that does not fit.

IDENTIFYING VALUES Personal Growth What aspects of personal growth and learning do you value most?

How do you define success and achievement in your personal growth journey?

What values guide your choices when it comes to education and self-improvement?

IDENTIFYING VALUES

Values Workbook · worksheet

Use a recent, manageable example. Fragments are fine; skip any prompt that does not fit.

IDENTIFYING VALUES Leisure What leisure activities or hobbies bring you the most joy and fulfilment?

How do you want to incorporate leisure activities into your life in line with your values?

What role does relaxation and recreation play in your well-being?

IDENTIFYING VALUES

Values Workbook · worksheet

Use a recent, manageable example. Fragments are fine; skip any prompt that does not fit.

IDENTIFYING VALUES Spirituality What spiritual or philosophical beliefs are most significant to you?

How do you want to express your spirituality or connect with your beliefs in daily life?

What role does spiritual or philosophical alignment play in your sense of purpose?

IDENTIFYING VALUES

Values Workbook · worksheet

Use a recent, manageable example. Fragments are fine; skip any prompt that does not fit.

IDENTIFYING VALUES Citizenship What civic or social issues resonate most with your sense of justice and responsibility?

How do you wish to engage with and give back to your community and society?

What values guide your actions as a responsible citizen?

IDENTIFYING VALUES

Values Workbook · worksheet

Use a recent, manageable example. Fragments are fine; skip any prompt that does not fit.

IDENTIFYING VALUES Health and Well-being What aspects of health and physical well-being are most important to you?

How do you want to maintain and enhance your physical health in alignment with your values?

What role does self-care and well-being play in your overall sense of fulfilment?

YOUR VALUES

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- YOUR VALUES
 - important to you from each of the different domains. The
- This is a chance for you to hone in on your values further. Try and see if you can pick one value that is most
- end result will leave you with 10 values.

REFLECTION

Values Workbook · worksheet

Use a recent, manageable example. Fragments are fine; skip any prompt that does not fit.

REFLECTION What are your thoughts on the ten values you have written down?

Do any of them stand out even more so?

TOP 3 VALUES

Values Workbook · worksheet

Use a recent, manageable example. Fragments are fine; skip any prompt that does not fit.

TOP 3 VALUES Now you are going to narrow your values down further and choose your top 3. When you think about your top 10 values, are there any that are closely related or overlapping?

☐ Not yet ☐ Sometimes ☐ Often

Can you combine them into a broader value?

If you had to make a challenging decision that required you to prioritise one value over another, which three values would you choose as the most non-negotiable?

☐ Not yet ☐ Sometimes ☐ Often

Imagine looking back on your life. Which three values would you want to have been your guiding lights, the ones that shaped your decisions and actions throughout your journey?

☐ Not yet ☐ Sometimes ☐ Often

PUTTING IT INTO PRACTICE

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Now that you have identified your three chosen values, it is crucial to put them into practice to experience the profound impact they can have on your life. Much like a gardener nurturing their chosen seeds, living in alignment with your values allows you to cultivate a life that is authentic, purposeful, and deeply satisfying. By making daily decisions and taking actions that reflect these values, you embark on a transformative journey where your actions are an expression of your true self. On the following page is a values diary which aims to help you keep track day to day of when you are living by your values. Keeping track can help you understand how woven our values are into our daily decisions and can also make you aware when you might be moving away from your values.

PUTTING IT INTO PRACTICE How do you feel about your top 3 values?

Is there anything that stands out for you?

VALUES DIARY MONDAY

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● VALUES DIARY

● THURSDAY

● MONDAY

● FRIDAY

● TUESDAY

● SATURDAY

● WEDNESDAY

● SUNDAY

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How might this inform one next step?

CONCLUSION

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- CONCLUSION This workbook guides individuals in identifying, prioritising, and living by their values, with the understanding that values
- that leads to a richer, more purposeful life. In essence, the workbook highlights the transformative
- serve as a compass for leading a meaningful and fulfilling
- power of values, encouraging individuals to embrace the dynamic nature of their values and use them as a guiding
- life. Values should be viewed as a journey rather than a final destination. Just as life evolves and changes, so can our
- force in their journey through life. It stresses that the act of living by one's values, even as they evolve, is what ultimately
- values. It is not only acceptable but also natural for values to shift and evolve over time as we grow and gain new
- brings about a sense of authenticity, fulfilment, and
- experiences. The true strength lies in the commitment to living by our values, regardless of how they change. It's the
- resilience. If you have further questions then I recommend you look into Acceptance & Commitment Therapy (ACT) or seek out a
- consistency in aligning our actions with our current values
- therapist that is able to guide you further.

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What stands out?