

# 6 ACT\* Conversations

\*Acceptance & Commitment Training

## Session 5: Your Values and Direction

### Achievements, Actions and Values Worksheet

This worksheet helps you to identify your life values. To understand more about what values are, you should listen to the podcast “Your Values & Committed Direction”.

1. What are the most important things you have achieved? Suppose somebody else achieved those things. What would you say were their values? Write your answer in the Value column.

Achievement	Value

2. What are the most important things you hope to achieve? Suppose somebody else achieved those things. What would you say were their values? Write your answer in the Value column.

Achievement	Value

3. List some of the habits you have maintained over the years. Next to each one, list a value that you think this habit expresses. A couple of examples are provided.

Habit	Value
<i>visiting my grandmother every fortnight</i>	<i>Love, respect</i>
<i>Doing my own bike maintenance</i>	<i>Autonomy, learning</i>