

6 ACT* Conversations

*Acceptance & Commitment Training

Session 6: Committed Action

Value and Goals Sheet

1. Identify a value (quality of lived action) that is important to you.
2. Choose a domain of life from the list below in which you plan to honour or express that value.
Set goals for each of the time frames in the list.
3. Goals at different timeframes do not have to be logically connected although you will find they often are.

Life Domains

Family	Work / career	Study / learning
Health / fitness / wellbeing	Religion / spirituality	Partner / spouse / marriage
Community / society / politics	Recreation / leisure	Travel
Arts / creativity / play	Parenting / children	Finances / wealth
Mental / emotional wellness	Other: _____	Other: _____

Value

Domain

Lifetime goal (mission)

10 year goal

3 year goal

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1 year goal

6 month goal

1 month goal

1 week goal

What I need to do today
