

GUIDED WORKSHEET

Values Clarification

An ACT exercise for living with intention

Values are not goals -- they are directions of living. This worksheet helps you name what matters most in five life areas, then choose one concrete action this week for each.

Relationships

How do you want to show up for the people you love?

My core value here is:

I am living it when:

I drift from it when:

One action this week:

Work & Service

What do you want your work and contribution to stand for?

My core value here is:

I am living it when:

I drift from it when:

One action this week:

Faith & Prayer

How do you want to orient yourself toward God?

My core value here is:

I am living it when:

I drift from it when:

One action this week:

Health & Body

How do you want to care for the body you have been given?

My core value here is:

I am living it when:

I drift from it when:

One action this week:

Community

How do you want to give to and receive from the people around you?

My core value here is:

I am living it when:

I drift from it when:

One action this week:
