

PRACTICE GUIDE

Values Check

One small action in line with who you are

"Let your light shine before others." -- Matthew 5:16

Acceptance and Commitment Therapy (ACT) shows that living in alignment with your values -- even in tiny ways -- reduces anxiety and builds meaning. You don't need a big life change. You need one small, values-aligned action today.

THE PRACTICE

- 1 Name 3 values**
What matters most to you right now? (e.g. presence, courage, kindness)
- 2 Pick one**
Choose the value that feels most alive or most neglected this week.
- 3 Choose one tiny action**
Something you can do today that lives in line with that value.
- 4 Do it**
Notice how it feels -- not to earn anything, but to remember who you are.

TIP

Values are directions, not destinations. There's no finish line -- just the next small step.