EXAMPLE

Values Clarification Worksheet

A completed example, to show how this might look

> ACT isn't about getting rid of difficult thoughts and feelings — it's about getting clear on what truly matters to you, and taking small, meaningful steps towards it, even when things feel hard. Values aren't goals you tick off; they're directions you keep choosing to move in. Below is one example of how it might be filled in — your own values and steps will be personal to you.

AREA OF LIFE	WHAT MATTERS TO YOU HERE, AND WHY?	ONE SMALL STEP YOU COULD TAKE THIS WEEK
Relationships family, friends, partner	Being fully present with my partner, not distracted by my phone.	Have one phone-free evening together this week.
Work & purpose	Feeling like my work has meaning, not just going through the motions.	Ask my manager about joining a project I actually care about.
Health & wellbeing	Taking care of my body so I have energy for the things that matter.	Go for a 20-minute walk on three days this week.
Personal growth	Learning and challenging myself, rather than staying comfortable.	Sign up for the course I've been putting off.
Leisure & community	Feeling connected to people, and enjoying downtime without guilt.	Message a friend I haven't spoken to in a while and suggest meeting up.

REFLECTION

Which of these areas feels most out of step with your values right now? What's one thing getting in the way?

Work feels most out of step — I'm busy, but not doing anything that feels meaningful.

I think fear of change is what's getting in the way of asking for something different.

This worksheet is for personal reflection and information only. It isn't a substitute for professional support, and doesn't replace an assessment or treatment from a qualified therapist. If you're finding it difficult to manage on your own, or you're in crisis, please reach out to your GP, local emergency services, or a crisis helpline. — valencia-counselling.com

Values Clarification Worksheet

An Acceptance & Commitment Therapy (ACT) exercise

> ACT isn't about getting rid of difficult thoughts and feelings — it's about getting clear on what truly matters to you, and taking small, meaningful steps towards it, even when things feel hard. Values aren't goals you tick off; they're directions you keep choosing to move in. This worksheet helps you reflect on a few key areas of life and what you'd like to move towards in each.

AREA OF LIFE	WHAT MATTERS TO YOU HERE, AND WHY?	ONE SMALL STEP YOU COULD TAKE THIS WEEK
Relationships family, friends, partner		
Work & purpose		
Health & wellbeing		
Personal growth		
Leisure & community		

REFLECTION

Which of these areas feels most out of step with your values right now? What's one thing getting in the way?

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