

6 ACT* Conversations

*Acceptance & Commitment Training

Session 5: Your Values and Direction

Values Inquiry Sheet

Life Area:

Take the time to answer all of these questions if possible. In answering them, remember that there are no 'right' answers, rather you should provide the answer that is most 'right' or 'truthful' for you. Nor is there a right or optimal amount of time to spend on this sheet. Some people may find this process familiar and be done with it in twenty minutes. Others may find it confusing and need to attempt it several times over a few days.

So that you can clarify your values in all areas of your life, we recommend you make multiple copies of this document and assign each copy to a specific area of your life. For example, one copy for work, one for education, (or combine those and call it "career") one for physical wellbeing, one for relationships (or break that down into areas like "partner", "family" and "friends") and so on. Then answer all the questions for each copy of the worksheet.

In answering the questions, think of the *quality of action* you aspire to rather than the *goal* you want. For example, "being a loving partner" is a value, but 'getting married' is a goal. To test whether you've written a goal or a value, ask yourself, "Is it ever finished?" For example, 'finishing a marathon' is a goal or outcome, but 'taking care of my body' is something you can always do more or better than right now.

What is your purpose in this area of life?*

What is important to you?

What are your actions done in the service of?

1 From here on, take the "in this area of life" as a given at the end of all of these questions.

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What personal qualities do you aim to express?

If you already had all the money, time, fame and love you needed, what would you most want to do? And what purpose would you be serving in doing it?

When do you most feel like you're really being you? When do you most feel that you're expressing who you are? When do you feel most alive in this area?

What are some typical things you do or like to do that express this value?

Here are some values or 'qualities of action' you might want to bring to this area of your life. Use them to stimulate your thinking about answers to the questions above.

Curiosity	Learning	Grace	Career	Optimism
Compassion	Autonomy	Creativity	Adventure	Passion
Excellence	Justice	Faith	Respect	Generosity
Certainty	Wisdom	Freedom	Patience	Enthusiasm
Responsibility	Health	Honesty	Style	Humour
Integrity	Joyfulness	Loyalty	Balance	Appreciation
Originality	Humility	Beauty	Intimacy	Openness
Connectedness	Confidence	Spirituality	Strength	Togetherness
Reliability	Neatness	Love	Courage	Playfulness

If you are still finding it difficult to identify your values, try completing the "Achievements, Actions and Values Worksheet". You should do these worksheets in conjunction with the podcast at: <http://emedia.rmit.edu.au/communication>.