Values versus Goals - Concept brief

Understand the idea behind values versus goals and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Avery values learning and has a goal of finishing a course.

The idea

A value can guide ongoing action while a goal describes a possible milestone.

An ordinary example

Avery values learning and has a goal of finishing a course.

What this can look like

Sort chosen qualities, concrete goals, and external expectations into separate groups.

Check the fit

Which quality can be expressed even if the milestone is delayed? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A value can guide ongoing action even when a goal is delayed or a barrier requires external support.

Reflection

Which quality can be expressed even if the milestone is delayed?

Scope and adaptation

Values are personally chosen directions, not moral rankings or evidence of worth. Recognize structural barriers, disability access, and culturally varied meanings. Do not turn willingness into exposure to danger, excuse coercion, or prescribe one life path. These original exercises do not constitute a complete ACT protocol.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Valuing as a Choice. Full source links and scope: library.morethantherapy.org/recovery/resources/VAL-A01-1