Values versus Goals - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A value can guide ongoing action while a goal describes a possible milestone.

Practice task

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

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

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

4. An optional next step, support, adaptation, or reason to stop:

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-A01-2