Values versus Goals - Review journal

Review an attempt at values versus goals and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. Which quality can be expressed even if the milestone is delayed? My optional adjustment or support request:

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-A01-5