


Values, Goals, and Actions Worksheet.

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Based on Steven Hayes, *Get Out of Your Mind & Into Your Life*, Jonathan Kanter's *BA Values Assessment Sheet* & Kelly Koerner's *SMARTER*

Valued Areas of Life	Importance (0-10)	Current Practice (0-10)	 difference	Kind of Person (qualities) I want to be in this Area of Life	Relevant Goals...define using SMARTER <i>(Specific, Measurable, Achievable, Realistic, Time-based, Evaluated, Recorded)</i>	Next Steps, Tasks, Valued Actions
Couple/Marriage/ Partner Relationships					1. 2.	1. 2. 3.
Parenting						
Other Family Relations						
Friendship/ Social Relations						
Career/Work (paid or unpaid)						
Education/Training/ Life-long Learning						
Recreation/Leisure/ Hobbies/ Creative Expression						
Spirituality and Religion						
Community Engagement/Citizenship						
Health & Physical Well-being						
Security and Safety						
Finances						

Instructions for Values, Goals, and Actions Worksheet.

- **Importance.** Please rate the level of importance of this area in the scope of your life. 0-10 represents an intensity continuum. 0 indicates no importance, while 10 indicates the highest level of importance.
 - **Current Practice.** Please rate the level of importance of this area as indicated by your current actions.
 - **Difference.** Indicate the quantitative difference of the 2 previous columns.
 - **Kind of Person I want to be in this Area of Life.** Describe your values. For example: Compassionately engage my partner or honestly express my concerns/needs/fears or generously respond to my partner's needs. See "About Values" below (credit to Matthieu Villatte)
 - **Relevant Goals.** Describe several goals that you can get to or complete in the direction of your values. Research supports identifying goals that are *Specific, Measurable, Achievable, Realistic, Time-based, Evaluated, and Recorded.*
 - **Next Steps, Tasks, Valued Actions.** Describe specific, SMARTER action steps that move you toward your identified goal(s) and move you in the direction of your values/the kind of person you want to be.
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About Values (excerpted from *Clinical RFT Training* by Matthieu Villatte)

- The way we want to interact with the world, other people, and ourselves
- What we want to stand for in life
- How we want to behave
- What sort of person we want to be

Values are about action.

- In contrast, goals are about what you want to get or have or complete
- If it's not something you can *do* on an ongoing basis, it's not a value

Values are also about qualities of action.

- Think adverbs
- The quality we want to bring to our actions

Values can be defined as sources of reinforcement that has 4 main qualities:

- **Overarching:** This means that reinforcement doesn't depend on a specific action or goal.
- **Inexhaustible:** This means that reinforcement doesn't depend on a specific outcome.
- **Intrinsic:** This means that reinforcement doesn't depend on an external consequence
- **Positive:** This means that reinforcement doesn't depend on avoidance or escape from unpleasant events.