


**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	Values: the Kind of Person I want to be in this "Valued Area of Life." My Overarching Goals. See instructions.	Specific Goals in the direction of my Values. Define using SMARTER: <i>Specific, Measurable, Achievable, Realistic, Time-based, Evaluated, Recorded</i>	Next Steps, Valued Actions...define using SMARTER: <i>Specific, Measurable, Achievable, Realistic, Time-based, Evaluated, Recorded</i>
Couple/Marriage/ Partner Relationships					1. 2.	1. 2. 3.
Parenting					1. 2.	1. 2. 3.
Other Family Relations					1. 2.	1. 2. 3.
Friendship/ Social Relations					1. 2.	1. 2. 3.
Career/Work (paid or unpaid)					1. 2.	1. 2. 3.
Education/Training/ Life-long Learning					1. 2.	1. 2. 3.
Recreation/Leisure/ Hobbies/ Creative Expression					1. 2.	1. 2. 3.
Spirituality and Religion					1. 2.	1. 2. 3.
Community Engagement/Citizenship					1. 2.	1. 2. 3.
Health & Physical Well-being					1. 2.	1. 2. 3.
Security and Safety					1. 2.	1. 2. 3.
Finances					1. 2.	1. 2. 3.

## 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.
- **Values = your Overarching Goals, the Qualities of your Actions, the "Kind of Person I want to be in this Area of Life."** Describe your values. For example in the area of *Parenting*: **respectfully and compassionately parenting my child** or in the area of *Partner Relationships*: **patiently and kindly respond to my partner's needs**. See "About Values" below.
- **Specific Goals.** Describe several goals or objectives that you can get to or complete in the direction of your values. Research supports identifying actions and goals that are *Specific, Measurable, Achievable, Realistic, Time-based, Evaluated, and Recorded*. Specific goals are like destinations along the road toward your values. For example, with the overarching goal and value of **respectfully and compassionately parenting my child**, I could have a specific goal of **encouraging my child to effectively manage their own money** which leads to action steps below.
- **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. In the above example, action steps for the goal of **supporting my child's effective money management** may include: **providing ways to earn money, identifying ways to spend/save money, teaching pros/cons and decision-making skills**.



## About Values (excerpted from [Villatte, M. Villatte, J. L., & Hayes, S. C \(2015\). \*Mastering the Clinical Conversation: Language as Intervention\*.](#))

- What sort of person we want to be?
- How do we most want to interact with the world, other people, and ourselves?
- What we want to stand for in this life?

### Values are about overarching goals.

- An overarching goal is formulated in a way that prevents it from ever being totally reached.
- There is always something that can be done in this direction. Examples: learning about science, protecting the environment, contributing to the well-being of my community.

### Values are about qualities of action.

- Think adverbs
- The quality we want to bring to our actions. A quality of action is the way we want to pursue overarching goals.

### Values can be defined as sources of reinforcement that have 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.