

My Valued Action Plan

Think about actions you can take in your daily life that would tell you that you are zeroing in on the bulls-eye in each important area of your life. These actions could be small steps toward a particular goal or they could just be actions that reflect what you want to be about as a person. Usually, taking a valued step includes being willing to encounter the obstacle(s) you identified earlier and to take the action anyway.

Try to identify at least one value-based action you are willing to take for each of the six areas listed below and write them down in the table below.

	Valued Actions	Barriers/Obstacles	Acceptance/Defusion/ Mindfulness Strategies
Family Relationships			
Social Relationships			
Work/Volunteering/ Productive Activities			
Recreation/Leisure			
Health/Well Being			
Personal Growth /Learning			