

Values, Goals and Actions Worksheet

Once you have made a stronger connection to what matters to you, it can be helpful to translate these into specific actions, and to try and keep track of how you are doing. Seeing your own progress is something that can be very motivating. On the other hand, seeing days go by with no engagement can also help orient you to the need to change how you are approaching something.

Step One: Use the worksheet to set actions or goals, linked to values. These can be taken from the audio exercises, the Values Compass, the values ideas worksheet, or the basketball hoop if you have found them helpful.

Step Two: Specify when you do an action linked to those values and goals. The frequency of this could be daily or more, depending on the action you have specified. Place this worksheet somewhere you will see it regularly and use that to motivate you to engage in the things that matter to you. The first box has an example, and then there are blank versions for your own goals and actions.

Value	Treating myself gently and kindly as I deal with grief						
Actions or Goals	Tick or mark below when you engage in that action						
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Don't criticise myself for crying	X	✓	X	✓	✓	✓	X
Cook a healthy meal each day	X	✓	✓	X	✓	✓	✓
Go to bed at 10:00 pm	✓	✓	✓	✓	X	X	✓

Value							
Actions or Goals	Tick or mark below when you engage in that action						
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Value →							
Actions or Goals ↓	Tick or mark below when you engage in that action						
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Value →							
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