

# Values & Action Sheet (ACT)

Values are directions, not goals. Pick a direction and take one small step today.

## My top values

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_  
\_\_\_\_\_

## Barriers that show up (thoughts, feelings, urges)

"If anxiety/urge shows up, then I will..." \_\_\_\_\_

## If/Then plan

If \_\_\_\_\_ happens, then I will take this small valued step: \_\_\_\_\_

## Today's tiny action (2–10 minutes)

\_\_\_\_\_

Note: Progress = frequent, kind attempts. Perfection is not required.