WORKSHEET 157 · FOR THE PSYCHOLOGIST

My list of values

What matters to me, and how much I live it

AIM

Help the person identify, from a list of defined values, the ones that matter most to them, and estimate how much they are living them now, to make visible the gaps to work on.

WHO IT IS FOR

Start of work on values in ACT, feeling of living “on autopilot”, loss of meaning, difficult decisions, before a committed action worksheet.

DURATION

20-30 min

HOW TO RUN IT

1. Introduce the idea of a value: a chosen direction for how to act, not a goal to achieve or a rule to follow.
2. The person rates each value from 0 to 10 according to its importance, without comparing themselves with anyone or looking for the “right” answer.
3. Then they rate from 0 to 10 how much they have lived each value in recent weeks.
4. Identify 2 or 3 values that are very important but little lived, and choose one for a small concrete step (worksheet 37).

POINTS TO WATCH

This is not a test: there is no total score or profile. The double rating takes up the idea of the Valued Living Questionnaire (importance and consistency), which applies to life areas. A low rating in “I live it” is information, not a failure; also watch out for “shoulds” (rules disguised as values) and values chosen to please others. The list is inspired by the Personal Values Card Sort (public domain); the definitions were written for these worksheets.

REFERENCES

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PSYCHOLOGIST’S NOTES

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WORKSHEET 157 · WORKSHEET TO HAND OUT

My list of values

A value is the way you want to act in your life, what really matters to you. It is not a goal to achieve or an obligation. There are no right answers: nobody can live every value at 10.

1. For each value, rate from 0 to 10 how much it matters to you (“Importance” column).
2. Rate from 0 to 10 how much you have lived it in recent weeks (“I live it” column).
3. Circle 2 or 3 values that matter a lot to you (7 or more) but that you live little: that is where there is room to move forward.

Value	Importance (0-10)	I live it (0-10)
Acceptance: welcoming others and myself as we are		
Adventure: seeking new and stimulating experiences		
Authenticity: being true to who I am		
Autonomy: deciding for myself		
Beauty: appreciating and creating beauty		
Compassion: responding to suffering, my own and others’, with kindness		
Commitment: sticking to what I have decided		
Connection: being present and close to others		
Contribution: giving something to others or to the world		
Cooperation: moving towards a shared goal with others		
Creativity: imagining, creating, inventing		
Self-care: looking after my body, my health and my rest		
Curiosity: exploring, learning, discovering		
Family: looking after the bonds with my loved ones		
Generosity: giving and sharing		
Gratitude: recognising what I have and what I am given		
Honesty: speaking and acting sincerely		
Humour: seeing the funny side of things, sharing laughter		
Justice: treating everyone fairly, standing up for what is right		
Freedom: living according to my own choices		
Patience: giving things and people time		
Respect: treating others with consideration		
Responsibility: owning my actions and what is mine to do		
Courage: acting even when I am afraid		

The values with the biggest gap, and a small step for one of them this week:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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