VALUES & DIRECTION · 01

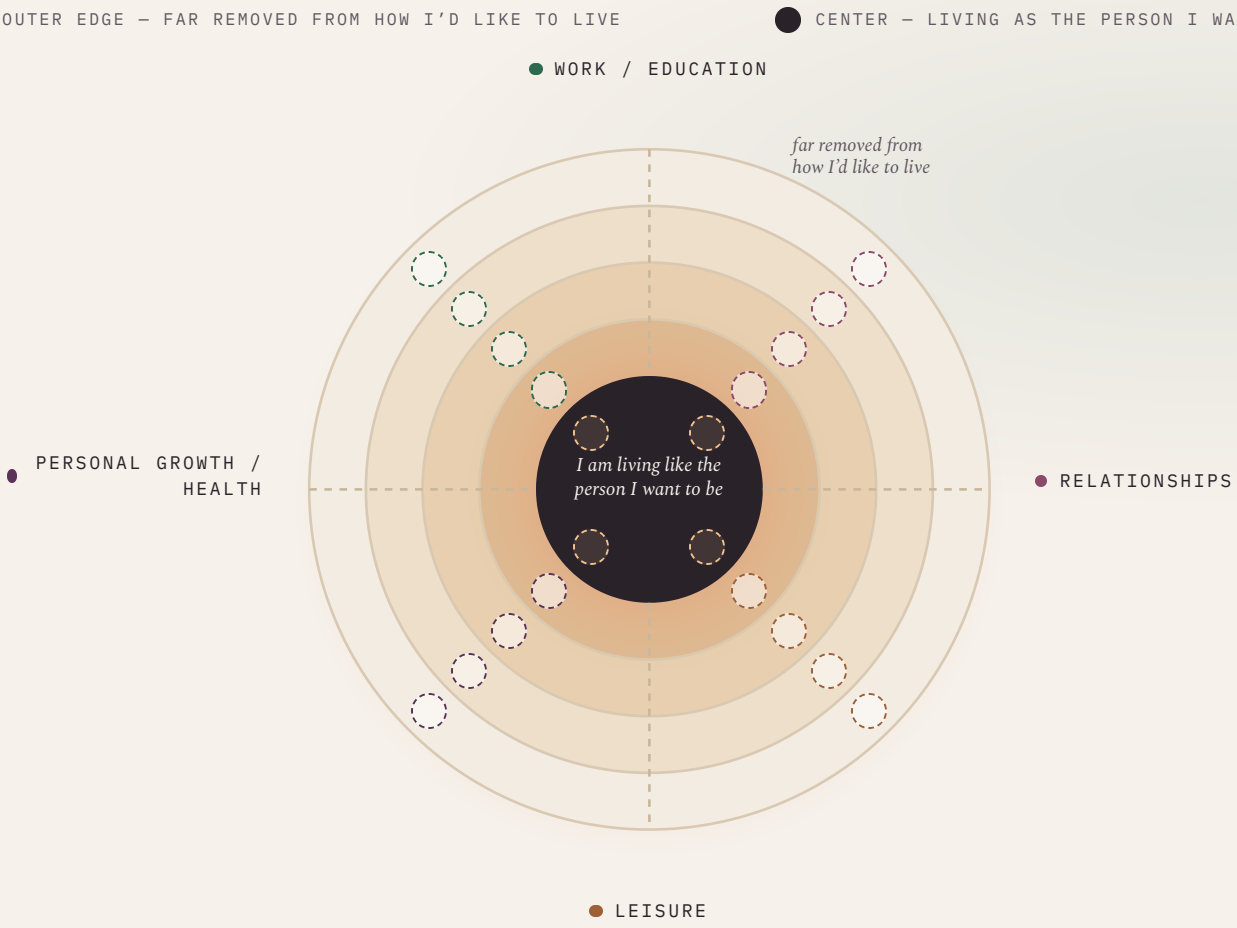
# The Values Bull's Eye.

*What really matters to you?*

Think about the kind of person you want to be and how you want to show up in different areas of your life – at work, with the people you love, in how you care for yourself, and in how you rest and play.

OUTER EDGE – FAR REMOVED FROM HOW I'D LIKE TO LIVE

CENTER – LIVING AS THE PERSON I WANT TO BE




Place an X in each area to represent where you feel you are today.

This guide is fillable: click a circle in each area, tick values, and type your answers. Acrobat Reader or Chrome work best for longer answers.

## What would moving 10% closer to the center look like?

Choose one area. Think of one small action you could take this week that would move you closer to the person you want to be.

AREA

ONE SMALL ACTION THIS WEEK

*Adapted from Tobias Lundgren's "Bull's Eye," as presented in ACT materials by Russ Harris.*

VALUES & DIRECTION · 02

# What actually matters to me?

Values can be difficult to identify when we're juggling different roles, expectations, responsibilities, and periods of change. You do not need to answer every question below – notice which one makes you stop and think.

01 What really matters to me in this stage of my life?

02 What do my worries tell me that I deeply care about?

03 Who do I admire, and what qualities in them do I want to embody?

04 If I knew everyone would approve of my choices, what would I do differently?

05 What have I been missing out on because fear or discomfort has been getting in the way?

06 When I think of a time when life felt especially meaningful, what was present that made it matter?

You don't need to have all the answers. *Curiosity is enough to start.*

*Reflection prompts adapted from values-clarification approaches in Acceptance and Commitment Therapy.*

VALUES & DIRECTION · 03

# How do I want to show up?

**A GOAL**
is something you can achieve or complete.

→

**A VALUE**
describes *how you want to show up* along the way – there is no finish line.

Tick the values that resonate.

## BEING TRUE TO YOURSELF

- ☐ **Accepting** – at peace with myself and others
- ☐ **Honest** – truthful with myself and others
- ☐ **Open** – sharing my thoughts and feelings
- ☐ **Mindful** – fully present in what I'm doing
- ☐ **Authentic** – genuine and true to myself
- ☐ **Independent** – choosing my own path
- ☐ **Expressive** – conveying what I think and feel

## CONNECTING WITH OTHERS

- ☐ **Caring** – taking care of myself and others
- ☐ **Kind** – considerate and caring
- ☐ **Friendly** – warm and open toward others
- ☐ **Trusting** – believing in others' sincerity
- ☐ **Compassionate** – responding kindly to pain
- ☐ **Loving** – showing love and care
- ☐ **Supportive** – encouraging and available to others

## ACTING WITH INTEGRITY

- ☐ **Responsible** – reliable and accountable
- ☐ **Fair / just** – treating myself and others fairly
- ☐ **Forgiving** – letting go of resentment
- ☐ **Helpful** – giving and contributing
- ☐ **Trustworthy** – loyal, honest, dependable
- ☐ **Respectful** – treating others with care
- ☐ **Grateful** – appreciative of what I have

## GROWING & PURSUING

- ☐ **Courageous** – brave in the face of fear
- ☐ **Adventurous** – pursuing new experiences
- ☐ **Creative** – imaginative and inventive
- ☐ **Focused** – engaged in what I'm doing
- ☐ **Persistent** – continuing despite difficulty
- ☐ **Curious** – open-minded, eager to explore
- ☐ **Flexible** – adapting to change

## SHOWING UP WELL

- ☐ **Cooperative** – willing to work with others
- ☐ **Orderly** – neat and organized
- ☐ **Protective** – looking after safety and security
- ☐ **Industrious** – hardworking and dedicated
- ☐ **Playful** – light-hearted and fun-loving
- ☐ **Assertive** – standing up for what I want
- ☐ **Encouraging** – inspiring others
- ☐ **Skillful** – using my knowledge and skill well

Choose 2–3 values that feel especially important to you right now.

MY 2–3 VALUES

LIVING ONE MORE INTENTIONALLY THIS WEEK WOULD LOOK LIKE…

*Values checklist adapted from Russ Harris, "Forty Common Values," ImLearningACT.com, 2021.*

VALUES & DIRECTION · 04

# Courage means entering the arena.

> *"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes up short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."*
>
> — Theodore Roosevelt, "Citizenship in a Republic," 1910

Building a life that feels like your own asks us to enter the arena again and again – through career changes, relationships, parenthood, major decisions, and unexpected transitions.

There is no way to make ourselves completely safe from uncertainty, criticism, vulnerability, or getting things wrong.

Being vulnerable and being brave are not opposites. *Courage requires vulnerability.*

WORTH WATCHING

### Brené Brown – The Power of Vulnerability

A talk about vulnerability, connection, courage, and allowing ourselves to be seen.

ted.com/talks/brene_brown_the_power_of_vulnerability

*You don't have to know exactly how everything will turn out before taking the next step. Know what matters to you. Be kind to yourself while you figure it out. Then move a little closer.*

CLARITY CALL

### Want to explore this further?

If you're in the middle of a transition, facing an important decision, or trying to figure out what comes next, you can schedule a free 30-minute clarity call.

Schedule a clarity call →

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