

Committed Action

Taking Values-Based Action Worksheet

What is Committed Action?

Committed Action involves translating values into specific, purposeful behaviors and concrete goals. It means taking effective action guided by values, even in the presence of difficult thoughts and feelings.

Values without action are just words. Committed action is about doing what matters, even when it's difficult. It involves setting specific, achievable goals that serve your values and taking consistent steps toward those goals.

Key Characteristics:

- Setting goals aligned with personal values
- Taking specific, purposeful steps toward valued living
- Developing patterns of effective action
- Persisting with value-based behavior despite obstacles
- Creating sustainable, meaningful life changes
- Building larger patterns of values-based living over time

| Exercise 1: Values-Based Goal Setting

Duration: 30 minutes | Difficulty: Beginner

Purpose: Set goals that align with personal values

Instructions:

1. Choose one of your core values:

2. Identify the life domain this value relates to:

3. If I were living this value fully, what would I be doing?

4. Now, set a SMART goal that serves this value:

SPECIFIC: What exactly will you do?

MEASURABLE: How will you know you've done it?

ACHIEVABLE: Is this realistic given your current circumstances?

[Empty dashed box for notes]

RELEVANT: Does this truly serve your value?

[Empty dashed box for notes]

TIME-BOUND: When will you do this?

[Empty dashed box for notes]

5. Write your complete SMART goal:

[Empty dashed box for notes]

6. Identify potential barriers:

External barriers (time, resources, circumstances):

[Empty dashed box for notes]

Internal barriers (thoughts, feelings, urges to avoid):

[Empty dashed box for notes]

7. Plan for barriers:

How will you handle external barriers?

[Empty dashed box for notes]

What ACT skills will you use for internal barriers?

[Empty dashed box for notes]

8. Commit to action:

I will take this action on:

I will know I've succeeded when:

| Exercise 2: Committed Action Plan

Duration: 45 minutes | Difficulty: Intermediate

Purpose: Create a detailed plan for values-based action

1. Value I want to focus on:

2. Life domain:

3. Long-term direction (where this value points):

4. Break this down into smaller steps:

LARGE GOAL (3-6 months):

MEDIUM GOAL (1 month):

SMALL GOAL (1 week):

IMMEDIATE ACTION (today or tomorrow):

5. For your immediate action, plan specifically:

What:

When:

Where:

How:

6. Anticipate obstacles:

What thoughts might show up?

How will I defuse from them?

What feelings might arise?

How will I accept them?

7. Connect to your "why":

I'm taking this action because:



This matters to me because:



Exercise 3: Daily Values Check-In

Duration: 5-10 minutes daily | Difficulty: Beginner

Purpose: Maintain daily connection to values and committed action

MORNING VERSION:

Today, I want to focus on the value of:

One way I can live this value today is:

I might encounter these obstacles:

When obstacles arise, I will:

Living this value today matters because:

EVENING VERSION:

Today, I focused on the value of:

I lived this value by:

Obstacles I encountered:

How I handled them:

Tomorrow, I will:

I acknowledge myself for:

| Exercise 4: Willingness and Action

Duration: Ongoing practice | Difficulty: Intermediate

Purpose: Take action despite difficult internal experiences

1. Identify an action you've been avoiding:

2. What value would this action serve?

3. What internal experiences have been stopping you?

Thoughts:

Feelings:

Sensations:

Urges:

4. Rate your willingness to have these experiences (0-10): _____

5. Reflect:

What has avoidance cost me?

What would become possible if I took this action?

Am I willing to have these difficult experiences in service of my values?

6. Plan your action:

Specific action:

When:

ACT skills I'll use:

- Present moment awareness
- Acceptance/Expansion
- Defusion
- Self-as-context
- Connection to values

7. Before taking action, say to yourself:

"I'm willing to have [difficult experience] in order to [valued action]"

After taking action, reflect:

What did you learn?

What happened when you took action despite discomfort?

Practice Tips:

- Start with small, achievable goals
- Focus on actions you control, not outcomes
- Expect internal barriers—plan for them
- Taking action is success, regardless of outcome
- Review your action plan daily
- Adjust as needed—flexibility is key
- Celebrate small steps
- If you don't follow through, recommit without self-judgment
- Willingness is a choice you make moment by moment
- You don't have to feel confident to take action

- Discomfort is often part of meaningful action
- Each act of willingness builds your capacity

Hexaflex Model - Acceptance and Commitment Therapy (ACT)

Practice regularly to develop psychological flexibility