

## Getting from Values to Specific Action Steps

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

**STEP 1. AVOID AVOIDING.** Rate degree you have avoided working on building a life worth living:

In the past (\_\_\_\_) Now (\_\_\_\_) (0 = no avoidance, 100 = avoided completely even thinking about it)

Check reasons for avoiding:  Hopelessness  Willfulness  Too hard  Other: \_\_\_\_\_

Use your cope-ahead skills, and write out a plan for getting yourself to avoid avoiding.

**STEP 2. IDENTIFY VALUES THAT ARE IMPORTANT TO YOU.** What is most important to you? Review Emotion Regulation Handout 18 for ideas. Make a list of several of your most important values.

**MY IMPORTANT VALUES:** \_\_\_\_\_

**STEP 3. IDENTIFY ONE IMPORTANT LIFE VALUE OR PRIORITY TO WORK ON NOW.**

Long-term goals depend on Wise Mind values and priorities. What values in your life need more work now?

Make a list of two of the **most important** values in your life that are important things for you to work on right now.

	<u>Importance</u>	<u>Priority</u>
VALUE: _____	( )	( )
VALUE: _____	( )	( )

Rate the importance of each value for a “life worth living” to you (1 = a little important, 5 = extremely important). Then rate how important it is to work on this value NOW (1 = low priority, 5 = very high priority).

**REFINE YOUR CHOICES.** Review your list and ratings above and the value you have chosen to work on now. **CHECK THE FACTS.** Make sure that what you think are values and priorities are in fact YOUR values and priorities—not the values others have, the values others think you should have, or old internal “tapes” of values you learned but no longer really believe in. Rewrite your list if you need to.

**CHOOSE A VALUE TO WORK ON NOW.** Pick the value that is either the most important to you or is your highest priority to work on right now. (If you have more than one value that is a high priority to work on right now, fill out another worksheet for that value.)

VALUE TO WORK ON NOW: \_\_\_\_\_

*(continued on next page)*

## EMOTION REGULATION WORKSHEET 11 (p. 2 of 3)

### STEP 4. IDENTIFY A FEW GOALS RELATED TO THIS VALUE.

List two or three **different goals** related to this value. Be specific. What can you do to make this value a part of your life? (If you have trouble thinking of goals, brainstorm as many goals as you can think of that might be related, and then choose those most related to your values.)

GOAL: \_\_\_\_\_

GOAL: \_\_\_\_\_

GOAL: \_\_\_\_\_

### STEP 5. CHOOSE ONE GOAL TO WORK ON NOW.

Select one goal that is reasonable to work on *now*. If one goal has to be accomplished before other goals can be worked on, choose that one as your working-on goal. Be specific. If you want to work on more than one goal at a time, fill out two worksheets.

Goal to work on: \_\_\_\_\_

### STEP 6. IDENTIFY SMALL ACTION STEPS TOWARD YOUR GOAL.

Break down the goal into lots of small steps that you can do. Each small step is a subgoal on the way to your overall goal. List action steps that will get you closer to your goal. If you can't think of any steps, try brainstorming ideas. Write down whatever comes to your mind.

If you start to feel *overwhelmed* because a step looks too big, erase it and break it down into smaller steps you think you can actually do. Rewrite your list if you need to so that the steps you think you can do are included. Put in the order that you think you should do them. If you start to feel *overwhelmed* because there are too many steps, stop writing new steps and focus on just one step.

**Action Step 1:** \_\_\_\_\_

**Action Step 2:** \_\_\_\_\_

**Action Step 3:** \_\_\_\_\_

**Action Step 4:** \_\_\_\_\_

**STEP 7. TAKE ONE ACTION STEP NOW.** Describe what you did: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Describe what happened next: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(continued on next page)

# EMOTION REGULATION WORKSHEET 11 (p. 3 of 3)

## REMEMBER: ATTEND TO RELATIONSHIPS

Attending to relationships (Group A on Emotion Regulation Handout 18) and being part of a group (Group B) are important to just about everyone. If you did not choose a value from one of these groups, review them to see if one of these first 10 values is an important one for you to work on. If you choose one, write it down and then, after working on it, fill out the rest of the worksheet.

Describe the relationship or relationship problem you want to work on: \_\_\_\_\_

---

---

What goal can you work on now? \_\_\_\_\_

---

What small action steps will help you reach your goal?

**Action Step 1:** \_\_\_\_\_

**Action Step 2:** \_\_\_\_\_

**Action Step 3:** \_\_\_\_\_

**Action Step 4:** \_\_\_\_\_

**TAKE ONE ACTION STEP NOW.** Describe what you did: \_\_\_\_\_

---

Describe what happened next: \_\_\_\_\_

---

## Getting from Values to Specific Action Steps

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Once you have figured out your values, the next step is to decide on specific things you can do or achieve (goals) that will make your life more in line with your values. Once you have goals, you can figure out what action steps are necessary to achieve the goal.

**Example: VALUE:** Be part of a group.

Possible **GOALS:**

- Reconnect with old friends.
- Get a more social job.
- Join a club.

Pick one **GOAL** to work on right now.

- Join a club.

Figure out a few **ACTION STEPS** that will move me toward my goal.

- Look for clubs on craigslist.
- Go to the bookstore by my house and ask about book groups.
- Join an interactive online game or chat room.

1. Pick one of your **VALUES:**

\_\_\_\_\_

2. Identify three **GOALS:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Circle one **GOAL** to work on right now.

4. Identify **ACTION STEPS** you can take right now to move closer to this **GOAL.**

\_\_\_\_\_

\_\_\_\_\_

5. Take one **ACTION STEP** now. Describe what you did:

\_\_\_\_\_

\_\_\_\_\_

Describe what happened next: \_\_\_\_\_

\_\_\_\_\_