

VALUED ACTION WORKSHEET. Below, we would like you to describe who you want to be and what you want to do in a few valued domains. Chose three from the Valued Living Questionnaire. The focus of the question is on you and your role in these areas. Please write the value, a short sentence about the value containing a few qualities, and then several actions that you could take. For this exercise, keep the actions small—preferably something that could be done in a day, but even some that could be done in minutes (you don't have to actually do them). Sometimes small acts can be quite meaningful. Please be sure to include some very small, simple but meaningful acts. You do not have to fill out all ten, but give it a try. Think small for this exercise!

My value is:

In this area I would like to be a person who is:

The **actions** I would like to do are:

1.	5.
2.	6.
3.	7.
4.	8.

My value is:

In this area I would like to be a person who is:

The **actions** I would like to do are:

1.	5.
2.	6.
3.	7.
4.	8.

My value is:

In this area I would like to be a person who is:

The **actions** I would like to do are:

1.	6.
2.	7.
3.	8.
4.	9.

Next, for each value, put a plus (+) next to the one that would be the simplest. Put an asterisk (*) next to the one that would be most meaningful. Remember meaningful does not need to equal big!