

VALUES V GOALS

Values are at the core of who we are, they embody the person we want to be and the people and things we care about. Values inspire how we act, and speak, how we treat others, and interact with the world.

Examples might include human rights, empowerment, kindness, protecting the environment, love, courage, honesty, adventure, authenticity, family, self-reliance.

Values are:

- Our heart's deepest desires for how we want to behave as human beings
- Like a compass that guides us in the right direction and helps us stay on track
- Here and now
- Never need to be justified
- Often need to be prioritized
- Best held lightly
- Freely chosen
- Enable us to create specific goals

Values are not:

Goals, desires, needs, ethics, morals, feelings, rules, beliefs, codes of conduct

Goals in ACT are:

- In the future, as opposed to values being in the present
- The actionable components of values. Knowing our values isn't enough for us to live a fulfilled life—we also have to take effective action, or action aligned with our values. In order to take effective action, we have to translate our values into achievable goals and create an action plan
- Action plans break down each goal into manageable steps so that we don't get overwhelmed (Dr. Russ Harris)

