
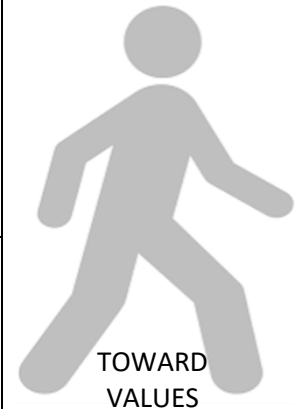


ACT Values Matrix

OUTSIDE (Publicly Observable Events) 

<p>3. What behavior do you emit on your WORST day ever? What might people see you doing when you're hooked by your thoughts/feelings that move you away from your values? (Observable and Measurable)</p>	<p>4. What behavior do you emit on your BEST day ever? If you were living in line with your values, what would we be doing more/less of? (Observable and Measurable)</p>
<p>2. What thoughts/feelings/emotions might take you away from of moving towards your values?</p>	<p>1. VALUES – What matters most to you related to _____? Why are you doing what you are doing in the first place?</p>



INSIDE HEART AND HEAD
(Covert Behavior – Thoughts/Feelings)



5. Based on this exercise: What is your COMMITTED ACTION to bring you closer to your values: