



## What Matters Most

*Get clear on your values — the compass for a meaningful life.*

Values aren't goals; they're the directions you want your life to move in — how you want to treat people, what kind of person you want to be, what you want to stand for. Acceptance and commitment therapy finds that people feel more alive and resilient when daily choices line up with their values, especially through hard times. Name yours below, then notice where your time and energy match them — and where they don't.

### Rate each life area

Jot what matters to you in each area, then rate how fully you're living it right now (1 = far from it, 5 = right on track).

Life area	What matters to me here	Now (1–5)
Family		
Friendships		
Work / study		
Health & body		
Growth / learning		
Fun & recreation		
Community / giving		

<b>One small action this week toward a value I've been neglecting</b>	
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