

Values to Action

DBT: Emotion Regulation Skills

Turn values into action

An important part of our long term happiness is living a life “worth living” - one in which our actions align with what truly matters to each of us. This worksheet will help you do this by transforming a value (an idea that guides us towards priorities and ways of living) into specific actions by setting related goals (something specific we wish to achieve that is in line with our values).

1 Think through avoidance

Are there any ways you have avoided building a life worth living? How could you “avoid avoidance”?

2 List your values

Think about what is most important to you. Take a look at our [values list](#) and/or write your own:

3 Select one value to start with

Look at your list above and think about which values are most important to making a life worth living to you and which values are most important to work on *now*. Circle two values above that are either (or both) important and high-priority.

- ➔ Double-check: are these values **authentically yours**? (Not just someone else’s, just values you think you *should* have, or values you used to hold but no longer do). If not, revise your list or circle different values.
- ➔ Star one value to start with. *Example: learn new skills.*

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



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4 Identify goals

List a few specific, achievable goals related to this value. What related actions can you take?

For example: re-start Spanish lessons, take a woodworking class, plant a garden are specific and achievable. Goals like "learn everyday" or "master the electric guitar" need to be more specific or more achievable.

5 Select one goal to start with

Circle one reasonable, achievable goal in your list above. *For example: plant a garden*

6 Identify small steps

List the action steps that you will need to take to achieve your goal. Make sure they are small and doable - if not, break them down even further.

For example: 1) Learn which growing zone I'm in. 2) Research plants native to my area. 3) Figure out where to place the garden based on direct sunlight. 4) Decide if I want to plant from seed or not, etc.

7 Get started

Take one action step right now. What did you do? Consider tracking your actions this week.

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



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