

Living a Meaningful Life (Living by Your Values)

Home Activities

Your 100th Birthday

One way of identifying your values is to find out what you would like to be recognised or praised for. So if you would really like to hear someone say “You are one of the most trustworthy people I know” this indicates that “trustworthiness” really matters to you and that it is one of your important values.

In this activity you are asked to imagine that you live to the age of 100 and that lots of your friends and family attend your 100th birthday party. During the party, several people make short speeches that focus on what they most like and admire about you. The question is “What would you most like to hear people say about you?”

I am

Home Activities

“Beyond the Comfort Zone – Being Brave”

Your flexibility will increase if you step beyond your comfort zone and do things that are challenging.

Think of 3 things that you would LIKE to do but have avoided doing.

Outside My Comfort Zone!

1.
2.
3.

Now think of some small steps you could take for each of the above:

1. Short term goal:.....
2. Medium term goal:
3. Long term goal:

Be brave, try these activities while accepting any uncomfortable feelings that you may experience and DO things that you WANT to do that are in line with your values.

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Making Commitments and Keeping Them

SMALL STEPS

ACT helps people to identify what really matters to them, to recognise actions that will help them to live in line with their values, and then to make a commitment to carry out these actions. So, think about what you might do that would increase your sense of living the life you want to live, and doing the right thing for yourself and other people.

Make three firm resolutions regarding things that you are will do differently from now on.

COMMITMENT 1: I will

COMMITMENT 2: I will

COMMITMENT 3: I will

And remember, people often make a commitment but then break it. If this happens, don't think of this as a failure and give up. MAKE your commitment, and if you do break it, then MAKE IT AGAIN (make the "extra" commitment to keep on with a commitment!).

Some resources and books about ACT (and Mindfulness)

If you want to know more about ACT – or about Mindfulness – here are some books and resources:

Russ Harris (2008) *The Happiness Trap: (Based on ACT: A revolutionary mindfulness-based programme for overcoming stress, anxiety and depression)*. London: Robinson.

Steven Hayes and Spencer Smith (2005) *Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy*. Oakland, CA: New Harbinger Publications.

Mark Williams and Danny Penman (2011) *Mindfulness: A Practical Guide to Finding Peace in a Frantic World*. London: Piatkus

Exeter University online self-help course ACT FOR LIFE:

<http://www.exeter.ac.uk/wellbeing/self-help/online-therapy/act/>