

act goal setting worksheet

Unlocking Potential with the ACT Goal Setting Worksheet: Challenges, Opportunities, and Practical Applications

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Keywords: ACT goal setting worksheet, ACT therapy, goal setting, acceptance and commitment therapy, behavioral change, worksheet, self-help, mindfulness, values, psychological flexibility.

Summary: This article provides a comprehensive exploration of the ACT goal setting worksheet, examining its strengths and weaknesses. It delves into the theoretical underpinnings of ACT and how they are practically applied within the worksheet. Furthermore, it addresses common challenges encountered when using the worksheet and offers strategies to overcome them. Finally, the article explores the opportunities presented by the ACT goal setting worksheet for enhancing personal growth and achieving meaningful goals.

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Introduction: Harnessing the Power of ACT for Goal Setting

The pursuit of goals is a fundamental aspect of the human experience. However, traditional goal-setting approaches often fall short, neglecting the crucial role of emotions, values, and self-acceptance in the process. The ACT goal setting worksheet offers a unique and effective approach by integrating principles of Acceptance and Commitment Therapy (ACT). This article provides a detailed examination of the ACT goal setting worksheet, discussing its theoretical basis, practical application, challenges, and opportunities for personal growth.

Understanding the ACT Framework and its Application to Goal Setting

Acceptance and Commitment Therapy (ACT) is a mindfulness-based behavioral therapy that emphasizes psychological flexibility. This involves:

Acceptance: Acknowledging and embracing difficult thoughts and feelings without judgment.

Commitment: Defining and committing to valued actions aligned with one's life purpose.

Present Moment Awareness: Focusing on the present experience rather than dwelling on the past or worrying about the future.

Self-as-Context: Recognizing the self as a separate entity from thoughts and feelings.

Values: Identifying and clarifying personal values that guide behavior.

The ACT goal setting worksheet leverages these principles by guiding individuals to:

1. Identify core values: What truly matters in your life? What kind of person do you want to be?
2. Define valued goals: What specific goals align with your values? These goals should be meaningful and relevant to your life purpose.
3. Identify obstacles: What internal and external barriers might hinder progress? This includes unhelpful thoughts, emotions, and environmental factors.
4. Develop commitment strategies: How will you maintain commitment to your goals in the face of challenges? This often involves developing coping mechanisms and strategies for self-compassion.
5. Track progress and adjust: Regularly review your progress, celebrate successes, and make necessary adjustments to your approach.

The Practical Application of the ACT Goal Setting Worksheet

The structure of an ACT goal setting worksheet varies, but most commonly includes sections for:

Value Identification: A space for listing and reflecting on personal values.

Goal Setting: Clearly defined, valued goals with measurable outcomes.

Action Planning: Specific steps to achieve each goal.

Obstacle Identification: Recognizing potential barriers and developing strategies to overcome them.

Commitment Strategies: Plans to maintain motivation and overcome setbacks.

Progress Tracking: Regularly monitoring progress and making adjustments as needed.

The worksheet facilitates a structured approach to goal setting, encouraging self-reflection and mindful planning. This contrasts sharply with traditional goal-setting methods that primarily focus on outcome achievement without addressing the psychological processes involved.

Challenges in Utilizing the ACT Goal Setting Worksheet

While the ACT goal setting worksheet provides a powerful framework, several challenges can arise:

Difficulty Identifying Values: Some individuals struggle to identify their core values, requiring time and introspection.

Resistance to Acceptance: Accepting difficult emotions can be challenging, requiring practice and self-compassion.

Lack of Commitment: Maintaining commitment to goals in the face of obstacles requires consistent effort and self-motivation.

Overwhelm: The process of identifying values, setting goals, and planning actions can feel overwhelming, especially for individuals new to ACT.

Lack of Structured Support: Individuals working independently may find it difficult to stay accountable and maintain momentum.

Overcoming Challenges and Maximizing Opportunities with the ACT Goal Setting Worksheet

Addressing these challenges requires:

Guided Practice: Working with an ACT therapist or coach can provide valuable support and guidance.

Mindfulness Exercises: Regular mindfulness practice enhances self-awareness and acceptance.

Self-Compassion: Practicing self-kindness and understanding when facing setbacks is crucial.

Breaking Down Goals: Breaking large goals into smaller, manageable steps can reduce feelings of overwhelm.

Accountability Partners: Sharing goals with supportive friends or family can enhance commitment.

Opportunities Presented by the ACT Goal Setting Worksheet

The ACT goal setting worksheet offers several unique opportunities:

Increased Self-Awareness: The process promotes self-reflection and a deeper understanding of personal values and motivations.

Enhanced Psychological Flexibility: Practicing acceptance and commitment strengthens resilience and the ability to cope with challenges.

Meaningful Goal Achievement: Focusing on valued goals increases the likelihood of sustained commitment and achievement.

Improved Well-being: The integration of mindfulness and self-compassion enhances overall well-being.

Sustainable Behavior Change: The ACT approach fosters lasting change by addressing both behavior and psychological factors.

Conclusion

The ACT goal setting worksheet represents a significant advancement in goal-setting methodologies. By integrating principles of acceptance, commitment, and mindfulness, it provides a comprehensive and effective framework for

achieving meaningful goals and enhancing personal well-being. While challenges may arise, utilizing strategies to overcome them and leveraging the opportunities presented can lead to significant personal growth and lasting positive change.

FAQs

1. What is the difference between a traditional goal-setting worksheet and an ACT goal-setting worksheet? Traditional worksheets focus primarily on outcome achievement, while ACT worksheets integrate mindfulness, acceptance, and commitment, addressing the psychological aspects of goal pursuit.
1. Is the ACT goal setting worksheet suitable for everyone? While generally beneficial, individuals experiencing severe mental health challenges might benefit from working with a therapist to adapt the worksheet to their specific needs.
1. How often should I review my ACT goal setting worksheet? Regular review, ideally weekly or bi-weekly, is recommended to track progress, adjust plans, and maintain commitment.
1. Can I use the ACT goal-setting worksheet for multiple goals simultaneously? Yes, but it's advisable to prioritize goals based on their alignment with your core values and capacity.
1. What if I don't achieve my goals? The ACT framework emphasizes acceptance and learning from setbacks. Focus on what you've learned and adjust your approach.
1. How can I find an ACT therapist or coach? Search online directories of mental health professionals or consult your primary care physician for referrals.
1. Are there any specific resources available for creating my own ACT goal setting worksheet? Numerous templates and examples can be found online, and many ACT books offer guidance on creating personalized worksheets.

1. Can I use the ACT goal setting worksheet for work-related goals?
Absolutely! The principles of ACT are applicable to both personal and professional goal setting.
1. Is it necessary to be fully committed to all aspects of the ACT philosophy to benefit from the worksheet? No. Even partial implementation of ACT principles can yield significant benefits in goal attainment.

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focusing questions to help clients redefine their problem, and tools to increase motivation for change. In addition, you will learn methods for rapidly constructing effective treatment plans and effective interventions for promoting acceptance, present-moment awareness, and contact with personal values. With this book, you will easily integrate important mindfulness, acceptance, and values-based therapeutic work in their interactions with clients suffering from depression, anxiety, or any other mental health problem.

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challenges, and is often more difficult to administer. That's why professionals need a solid plan of action when using group therapy to treat clients. In recent years, acceptance and commitment therapy (ACT) has gained immense popularity. Based in values, mindfulness, and committed action, this therapeutic model has proven successful in treating a number of psychiatric disorders, including anxiety, depression, stress, addictions, eating disorders, trauma, and relationship problems. However, despite the popularity of this modality, there are very limited resources available when it comes to applying ACT in a group setting. Learning ACT for Group Treatment is a comprehensive, powerful manual for clinicians, therapists, and counselors looking to implement ACT in group therapy with clients. A composite of stand-alone sessions, the book provides detailed explanations of each of the core ACT processes, printable worksheets, tips on group session formatting, and a wide range of activities that foster willingness, cooperation, and connection among participants. In the book, professionals will see how the benefits of ACT can actually be enhanced in a group setting, particularly because there are more participants for ACT exercises. This leads to increased accountability among clients, and allows them to play both an active role and the role of the observer during treatment. The book also includes concrete tips for applying ACT to a number of treatment scenarios, including inpatient group therapy, partial hospitalization programs, outpatient programs, and community self-help groups. With detailed exercises and group activities, this book has everything therapists need to start using ACT in group settings right away.

act goal setting worksheet: 100 Life Goals Brian Klodt, 2018-11-27 Many people know that goals are an important part of living a successful life, yet less than 5% of the population have written goals. This book takes goal setting to the next level, by creating a blueprint of 100 recommended Life Goals. Recognizing that goals need to be much broader than the typical material goals, such as wealth accumulation and materialism, this book represents a balanced approach to goal setting across 10 important life areas, including personal development, health and fitness, friends and family, hobbies and passions, finances, career, adventure, travel, lifestyle, and leaving a legacy. Why not build a life that you can look back at with no regrets, and think, Wow . . . what a life; I can't believe that I've done all that! Get inspired, and use this guide book to record your own list of goals, with practical suggestions for Your Target Goals (YTG). This is a must-read book for everyone who has yet to think seriously about planning their life and writing down their goals.

act goal setting worksheet: The Confidence Gap Russ Harris, 2011-09-13 Drawing on Acceptance and Commitment Therapy and mindfulness practices, this guide offers breakthrough insights and simple techniques for developing deep-seated, long-lasting confidence Too many of us miss out on opportunities in life because we lack self-confidence. Whether it's public speaking, taking on a leadership role, or asking someone for a date, there are situations in which we just don't feel equipped to handle the challenges we face. Russ Harris offers a surprising solution to low self-confidence, shyness, and insecurity: Rather than trying to "get over" our fears, he says, the secret is to form a new and wiser relationship with them. Paradoxically, it's only when we stop struggling against our fearfulness that we begin to find lasting freedom from it. Drawing on the techniques of Acceptance and Commitment Therapy (ACT), a cutting-edge form of cognitive-behavioral therapy, The Confidence Gap explains how to:

- Free yourself from common misconceptions about what confidence is and how to build it
- Transform your relationship with fear and anxiety
- Clarify your core values and use them as your inspiration and motivation
- Use mindfulness to effectively handle negative thoughts and feelings.

"This book could save you years of psychological struggle, yank you out of negative emotional patterns, and help propel you to a much happier, more productive life." —Martha Beck, author and Oprah Winfrey's life coach

act goal setting worksheet: The 12 Week Year Brian P. Moran, Michael Lennington, 2013-05-15 The guide to shortening your execution cycle down from one year to twelve weeks Most organizations and individuals work in the context of annual goals and plans; a twelve-month execution cycle. Instead, The 12 Week Year avoids the pitfalls and low productivity of annualized thinking. This book redefines your year to be 12 weeks long. In 12 weeks, there just isn't enough time to get complacent, and urgency increases and intensifies. The 12 Week Year creates focus and

clarity on what matters most and a sense of urgency to do it now. In the end more of the important stuff gets done and the impact on results is profound. Explains how to leverage the power of a 12 week year to drive improved results in any area of your life Offers a how-to book for both individuals and organizations seeking to improve their execution effectiveness Authors are leading experts on execution and implementation Turn your organization's idea of a year on its head, and speed your journey to success.

act goal setting worksheet: *Goal Setting* Susan B. WILSON, Michael S. DOBSON, 2008-03-12 Why is it that some people consistently seem to get more done than others? The answer is that they know how to set specific, achievable goals for themselves...and then follow through on them. This revised and updated edition of Goal Setting features worksheets, quizzes, and other practical tools, giving readers powerful techniques they can use to set a goal, make a plan, and acquire the resources and power necessary to achieve their objective. The book shows readers how to: act upon their objectives in a precise, targeted way • recognize obstacles and overcome them • become more assertive • change counterproductive behavior • establish priorities • make the most of their time Achieving goals takes hard work and discipline. This expanded edition of Goal Setting gives readers the tools and techniques to accomplish anything.

act goal setting worksheet: *Getting Unstuck in ACT* Russ Harris, 2013-07-01 Acceptance and commitment therapy (ACT) is a powerful, evidence-based treatment for clients struggling with depression, anxiety, addiction, eating disorders, and a host of other mental health conditions. It is based in the belief that the road to lasting happiness and well-being begins with accepting our thoughts, rather than trying to change them. However, ACT can present certain roadblocks during treatment. As a mental health professional, you may adopt basic principles of ACT easily, but it generally takes at least two or three years of hard work and ongoing study to become truly fluid in the model. During that time, you will probably find yourself stuck at some point, and so will your clients. In *Getting Unstuck in ACT*, psychotherapist and bestselling author of *ACT Made Simple*, Russ Harris, provides solutions for overcoming the most common roadblocks in ACT. In the book, you will learn how to deal with reluctant or unmotivated clients, as well as how to get past certain theoretical aspects of ACT that some clients may find confusing. This book will help clients deal with sticky dilemmas and unsolvable problems, and will help simplify key ACT concepts to help you break down psychological barriers. Other common problems with ACT that the book addresses are inconsistencies and sending mixed messages, talking and explaining ACT instead of doing it, being too eager to treat a client, being a Mr. Nice Guy or Ms. Nice Girl, or putting too much focus on one process while neglecting others. The chapters of the book are based in real life scenarios that take place between therapist and client, and the author provides feedback by analyzing mistakes in what was said and where improvements could be made. As more and more mental health professionals incorporate ACT into their practice, it is increasingly necessary to have a guide that offers them effective solutions to common ACT roadblocks. For that reason, this book is a must-have for any ACT therapist.

act goal setting worksheet: *Strangers to Ourselves* Timothy D. Wilson, 2004-05-15 Know thyself, a precept as old as Socrates, is still good advice. But is introspection the best path to self-knowledge? Wilson makes the case for better ways of discovering our unconscious selves. If you want to know who you are or what you feel or what you're like, Wilson advises, pay attention to what you actually do and what other people think about you. Showing us an unconscious more powerful than Freud's, and even more pervasive in our daily life, *Strangers to Ourselves* marks a revolution in how we know ourselves.

act goal setting worksheet: *The ACT Matrix* Kevin L. Polk, Benjamin Schoendorff, 2014-03 If you are an ACT practitioner or mental health professional, this eagerly awaited resource is an essential addition to your professional library. Acceptance and commitment therapy (ACT) is an evidence-based therapy that has been successful in treating a variety of psychological issues, such as anxiety, depression, substance abuse, trauma, eating disorders, and more. In contrast to other treatment options, ACT has proven extremely effective in helping clients who are "stuck" in

unhealthy thought patterns by encouraging them align their values with their thoughts and actions. However, the ACT model is complex, and it's not always easy to use. Traditionally, ACT is delivered with a focus around six core processes that are often referred to as the hexaflex: cognitive defusion, acceptance, contact with the present moment, observing the self, values, and committed action. Each of these core processes serves a specific function, but they are often made more complex than needed in both theory and in practice. So what if there was a way to simplify ACT in your sessions with clients? Edited by clinical psychologists and popular ACT workshop leaders Kevin L. Polk and Benjamin Schoendorff, *The ACT Matrix* fuses the six core principles of acceptance and commitment therapy (ACT) into a simplified, easy-to-apply approach that focuses on client actions and behavior as workable or unworkable, rather than good or bad. Most importantly, you'll learn how this innovative approach can be used to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate. This is the first book to utilize the ACT Matrix model, and it is a must-read for any ACT practitioner looking to streamline his or her therapeutic approach.

act goal setting worksheet: *Effective Weight Loss* Evan M. Forman, Meghan L. Butryn, 2016-07-12 The obesity epidemic is one of the most serious public health threats confronting the nation and the world. The majority of overweight individuals want to lose weight, but the overall success of self-administered diets and commercial weight loss programs is very poor. Scientific findings suggest that the problem boils down to adherence. The dietary and physical activity recommendations that weight loss programs promote are effective; however, people have difficulty initiating and maintaining changes. *Effective Weight Loss* presents 25 detailed sessions of an empirically supported, cognitive-behavioral treatment package called Acceptance-Based Behavioral Treatment (ABT). The foundation of this approach is comprised of the nutritional, physical activity, and behavioral components of the most successful, gold-standard behavioral weight loss programs. These components are synthesized with acceptance, willingness, behavioral commitment, motivation, and relapse prevention strategies drawn from a range of therapies. ABT is based on the idea that specialized self-control skills are necessary for weight control, given our innate desire to consume delicious foods and to conserve energy by avoiding physical activity. These self-control skills revolve around a willingness to choose behaviors that may be perceived as uncomfortable, for the sake of a more valuable objective. The Clinician Guide is geared towards helping administer treatment, and the companion Workbook provides summaries of session content, exercises, worksheets, handouts, and assignments for patients and clients receiving the treatment. The books will appeal to psychologists, primary care physicians, nutritionists, dieticians, and other clinicians who counsel the overweight.

act goal setting worksheet: The Official ACT Prep Guide 2021-2022, (Book + 6 Practice Tests + Bonus Online Content) ACT, 2021-04-20 THE OFFICIAL ACT® PREP GUIDE 2021-2022 The comprehensive guide to the 2021-2022 ACT® test, with 6 genuine, full-length practice tests in print and online. This 2021-2022 guide includes six actual ACT® tests – all of which contain the optional writing test – that you can use to practice at your own pace. To help you review test subjects and improve your understanding, this guide provides clear explanations for every answer. You'll also get practical tips for boosting your score on the English, math, reading, and science tests, as well as the optional writing test. Additionally, you can access the six tests online through the access code provided in the guide. The code also provides access to 400 online flashcards to help you prepare for all sections in the ACT® examination. The test's creators filled this guide with expert advice on how to both mentally and physically prepare for the exam. It will also help you: Review the entire ACT® test content so you'll know what to expect on test day Understand the procedures you'll follow when you're taking the ACT® Prepare for the types of questions you can expect to find on the test Adopt test-taking strategies that are right for you The Official ACT® Prep Guide 2021-2022 is the best resource to prepare you for test day. By using this guide you can feel comfortable that you're prepared to do your best!

act goal setting worksheet: *DBT Skills Training Handouts and Worksheets* Marsha M.

Linehan, 2014-10-28 Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients learning dialectical behavior therapy (DBT) skills, and those who treat them. All of the handouts and worksheets discussed in Marsha M. Linehan's DBT Skills Training Manual, Second Edition, are provided, together with brief introductions to each module written expressly for clients. Originally developed to treat borderline personality disorder, DBT has been demonstrated effective in treatment of a wide range of psychological and emotional problems. No single skills training program will include all of the handouts and worksheets in this book; clients get quick, easy access to the tools recommended to meet their particular needs. The 8 1/2 x 11 format and spiral binding facilitate photocopying. Purchasers also get access to a webpage where they can download and print additional copies of the handouts and worksheets. Mental health professionals, see also the author's DBT Skills Training Manual, Second Edition, which provides complete instructions for teaching the skills. Also available: Cognitive-Behavioral Treatment of Borderline Personality Disorder, the authoritative presentation of DBT, and Linehan's instructive skills training DVDs for clients--Crisis Survival Skills: Part One and This One Moment.

act goal setting worksheet: The Artist's Way Julia Cameron, 2002-03-04 With its gentle affirmations, inspirational quotes, fill-in-the-blank lists and tasks — write yourself a thank-you letter, describe yourself at 80, for example — The Artist's Way proposes an egalitarian view of creativity: Everyone's got it.—The New York Times Morning Pages have become a household name, a shorthand for unlocking your creative potential—Vogue Over four million copies sold! Since its first publication, The Artist's Way phenomena has inspired the genius of Elizabeth Gilbert and millions of readers to embark on a creative journey and find a deeper connection to process and purpose. Julia Cameron's novel approach guides readers in uncovering problems areas and pressure points that may be restricting their creative flow and offers techniques to free up any areas where they might be stuck, opening up opportunities for self-growth and self-discovery. The program begins with Cameron's most vital tools for creative recovery - The Morning Pages, a daily writing ritual of three pages of stream-of-conscious, and The Artist Date, a dedicated block of time to nurture your inner artist. From there, she shares hundreds of exercises, activities, and prompts to help readers thoroughly explore each chapter. She also offers guidance on starting a "Creative Cluster" of fellow artists who will support you in your creative endeavors. A revolutionary program for personal renewal, The Artist's Way will help get you back on track, rediscover your passions, and take the steps you need to change your life.

act goal setting worksheet: Living Beyond Your Pain JoAnne Dahl, Tobias Lundgren, 2006 Using mindfulness-based techniques and cognitive behavioral tools, a leading expert on the use of acceptance and commitment therapy (ACT) teaches readers to transcend the experience of chronic pain by reconnecting with other, more valued aspects of their lives.

act goal setting worksheet: Stop, Think, Act Megan M. McClelland, Shauna L. Tominey, 2015-08-27 Stop, Think, Act: Integrating Self-regulation in the Early Childhood Classroom offers early childhood teachers the latest research and a wide variety of hands-on activities to help children learn and practice self-regulation techniques. Self-regulation in early childhood leads to strong academic performance, helps students form healthy friendships, and gives them the social and emotional resources they need to face high-stress situations throughout life. The book takes you through everything you need to know about using self-regulation principles during circle time, in literacy and math instruction, and during gross motor and outdoor play. Each chapter includes a solid research base as well as practical, developmentally-appropriate games, songs, and strategies that you can easily incorporate in your own classroom. With Stop, Think, Act, you'll be prepared to integrate self-regulation into every aspect of the school day.

act goal setting worksheet: Managing Chronic Pain John Otis, 2007-09-24 Cognitive-behavioral therapy (CBT) has been proven effective at managing various chronic pain conditions, including rheumatoid arthritis, osteoarthritis, chronic back pain, and tension/migraine headache. The CBT treatment engages patients in an active coping process aimed at changing maladaptive thoughts and behaviors that can serve to maintain and exacerbate the experience of

chronic pain. *Overcoming Chronic Pain, Therapist Guide* instills all of these empirically validated treatments into one comprehensive, convenient volume that no clinician can do without. By presenting the basic, proven-effective CBT methods used in each treatment, such as stress management, sleep hygiene, relaxation therapy and cognitive restructuring, this guide can be used to treat all chronic pain conditions with success.

act goal setting worksheet: The Big Book of Conflict Resolution Games: Quick, Effective Activities to Improve Communication, Trust and Collaboration Mary Scannell, 2010-05-28

Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in The Big Book of Conflict-Resolution Games delivers everything you need to make your workplace more efficient, effective, and engaged.

act goal setting worksheet: Overcoming Your Alcohol or Drug Problem Dennis C. Daley, G. Alan Marlatt, 2006-06-15 A substance use problem exists when one experiences any type of difficulty related to using alcohol, tobacco, or other drugs including illicit street drugs or prescribed drugs such as painkillers or tranquilizers. The difficulty can be in any area of life; medical or physical, psychological, family, interpersonal, social, academic, occupational, legal, financial, or spiritual. This expanded new edition of the successful Graywind Publications title provides the reader with practical information and skills to help them understand and change a drug or alcohol problem. Designed to be used in conjunction with therapy or counseling, it focuses on special issues involved in stopping substance use and in changing behaviors or aspects of one's lifestyle that keep the substance use problem active. The information presented is derived from a wealth of research studies, and discusses the most effective recovery strategies from the examination of cognitive-behavioral treatment. *TreatmentsThatWork™* represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

act goal setting worksheet: Healthy Habits Suck Dayna Lee-Baggley, 2019-07-01 A realistic read that will prod even the most stubborn fast-food eating couch potato to take action toward a healthier lifestyle. —Library Journal Salad instead of steak? Working out? Skipping that second beer or glass of wine? Healthy habits are THE WORST. If you're someone who gets up every morning and can't wait for your run, considers eating sweet potatoes a splurge, and sets aside thirty minutes before work to meditate—this book isn't for you. If you're someone who thinks about getting up to go for a run but goes back to sleep, regrets last night's dinner of fast food, and can barely get to work on time—let alone meditate—then this book will help you find the motivation you've been looking for to live your healthiest life, even when you don't want to. With this funny, in-your-face

guide, you won't find advice on how to "enjoy" exercise, or tips for making broccoli and kale taste as good as donuts and ice cream. What you will find are solid skills to help you actually do the healthy things you know you should be doing. Using these skills—based in acceptance and commitment therapy (ACT) and neuroscience—you'll learn to find the motivation you're really craving to adopt healthy habits, even if they do suck. You'll also discover how to accept self-criticism, develop self-compassion, and live a more meaningful life. This book not only acknowledges that many healthy habits suck, it uses science to explain why we want the things we want (junk food), crave the things we crave (sugar), and dislike the things we dislike (exercise). At the end, you'll feel validated in feeling like these things are the absolute worst. But you'll also find the motivation to do them anyway.

act goal setting worksheet: *The Happiness Trap Pocketbook* Dr Russ Harris, Russ Harris, Bev Aisbett, 2013 A unique collaboration between cartoonist/author Bev Aisbett and Dr Russ Harris, this is an illustrated, simplified pocketbook version of Russ's original, international bestseller 'The Happiness Trap'. It's an easy-to-read introduction to all those powerful life-changing ideas or a great refresher course for those already familiar with the approach. Commonplace ideas about happiness are often misleading, inaccurate and likely to make you miserable in the long term. For example, positive thinking often does not work — and research shows it actually makes some people feel worse! So open 'The Happiness Trap Pocketbook' and learn how a new scientifically proven, mindfulness-based approach called Acceptance and Commitment Therapy (better known as ACT) can help you find genuine wellbeing and fulfilment. Whether you're lacking confidence, facing illness, stressed at work, struggling with low self-esteem, trying to lose weight or quit smoking, or just wanting to be happier, healthier, and more fulfilled — in this book you will learn effective techniques to:

- reduce stress and worry
- rise above fear, doubt and insecurity
- handle painful thoughts and feelings more effectively
- break self-defeating habits
- develop self-acceptance and self-compassion
- let go of inaccurate and misleading (but very popular) ideas about happiness, and
- create a rich, full and meaningful life.

act goal setting worksheet: Acceptance and Commitment Therapy for Eating Disorders Emily Sandoz, Kelly Wilson, Troy DuFrene, 2011-02-03 A Process-Focused Guide to Treating Eating Disorders with ACT At some point in clinical practice, most therapists will encounter a client suffering with an eating disorder, but many are uncertain of how to treat these issues. Because eating disorders are rooted in secrecy and reinforced by our culture's dangerous obsession with thinness, sufferers are likely to experience significant health complications before they receive the help they need. Acceptance and Commitment Therapy for Eating Disorders presents a thorough conceptual foundation along with a complete protocol therapists can use to target the rigidity and perfectionism at the core of most eating disorders. Using this protocol, therapists can help clients overcome anorexia, bulimia, binge eating disorder, and other types of disordered eating. This professional guide offers a review of acceptance and commitment therapy (ACT) as a theoretical orientation and presents case conceptualizations that illuminate the ACT process. Then, it provides session-by-session guidance for training and tracking present-moment focus, cognitive defusion, experiential acceptance, transcendent self-awareness, chosen values, and committed action—the six behavioral components that underlie ACT and allow clients to radically change their relationship to food and to their bodies. Both clinicians who already use ACT in their practices and those who have no prior familiarity with this revolutionary approach will find this resource essential to the effective assessment and treatment of all types of eating disorders.

act goal setting worksheet: The 4 Disciplines of Execution Chris McChesney, Sean Covey, Jim Huling, 2016-04-12 BUSINESS STRATEGY. The 4 Disciplines of Execution offers the what but also how effective execution is achieved. They share numerous examples of companies that have done just that, not once, but over and over again. This is a book that every leader should read! (Clayton Christensen, Professor, Harvard Business School, and author of The Innovator's Dilemma). Do you remember the last major initiative you watched die in your organization? Did it go down with a loud crash? Or was it slowly and quietly suffocated by other competing priorities? By the time it finally

disappeared, it's likely no one even noticed. What happened? The whirlwind of urgent activity required to keep things running day-to-day devoured all the time and energy you needed to invest in executing your strategy for tomorrow. The 4 Disciplines of Execution can change all that forever.

Additional Resources

ACT College & Career Readiness 2022 Workbook

ACT is your partner and GPS as you address equitable learning paths, overcome learning gaps, and offset disrupted learning. Enjoy time with ACT team members, discovering how we can ...

Commitment, Obstacles, and Strategies Worksheet - Providence

Committed action is an Acceptance and Commitment Therapy process that involves goal-setting. Use this worksheet to help you or your client design long-term life goals that are based on ...

Goal-Setting - ACT Hub Wales

Choose 1 or 2 values (maximum 3) that you want to bring into play in your chosen life domain. These values will motivate and inspire the actions you take to pursue the goal. Values: 3. Set a ...

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I offer a range of beginners and advanced level interactive online courses - which include specialized courses in ACT for depression and anxiety disorders, trauma-focused ACT, ACT ...

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Goal Setting Worksheet

Goal Setting Worksheet Step 1: A key focus in ACT is setting our goals guided by our values. Therefore, Step 1, before any goal setting, is to clarify what value(s) is (are) underlying your ...

Goal Setting and Values Worksheet - craigburtoncoaching.com

Goal Setting and Values Worksheet . What do you stand for as a human being? What are your deepest desires for who you want to be and how you want to behave regularly? These are ...

6 Weeks to Success Checklist - ACT

6 Weeks to Success Checklist

GOAL SETTING/ACTION PLAN WORKSHEET

GOAL SETTING/ACTION PLAN WORKSHEET ... SELF-EVALUATION: Lastly, think through 1-2 things you would like to learn from this goal setting and goal-achieving experience. How do you ...

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Realistic goal-setting: if you lack skills, set new goals around learning them; if your goal is too big, break it down into small chunks; if you lack resources, brainstorm how you can get them; if you ...

ACT Made Simple: The Extra Bits - Actmindfully

Resources: To learn more about how to do formal, explicit exposure in ACT, I recommend the textbook "ACT for Anxiety Disorders" by Eifert & Forsyth,

and/or either of my online courses on ...

The Choice Point 2.0 For Values & Goals - Actmindfully

Dance moves can include: clarifying values, setting goals, creating action plans, exploring the values implicit in any goal or action, using values to set goals and guide actions, building ...

What Is Cognitive Fusion? - Actmindfully

Starting Points Answers to these questions give us a wide range of useful starting points for the work of values-clarification, goal-setting and action-planning. We commonly elicit quite a ...

Aligning Your Values with Your Goals - Between Sessions

increase psychological flexibility. ACT offers tools to consciously connect to the present moment, choosing to behave in a manner that is consistent with your values. Connecting and clarifying ...

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Instructions for The Happiness Trap 'Values, Goals & barriers'

you are best just to set one very quick, simple, easy short-term goal. However for high-functioning clients especially in a coaching setting, you may set quite a range of goals. Certainly, as there

The Life Compass - University of Colorado Boulder

• A vague goal would be "I want to get in shape," while a specific goal would be "I will go to the gym three days a week." M: Measurable • How will you know you have achieved your ...

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Other Helpful Tips For Goal Setting • Make a step-by-step plan: break your

goal down into concrete, measurable and time-based sub-goals. • Tell other people about your goal and your ...

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