**Values = Valued Living Directions in ACT**

**When you are setting a direction for your life, consider whether it has these 3 qualities. Is it:**

**Valued** = Important, meaningful, worthwhile, etc. What is important about this domain of life?

**Living** = Values are about what you do with your life and are about action and behavior. VLDs are not about having particular thoughts or feelings, but about what you are doing with your time and what you are valuing with your actions. Make sure you valued direction has to do with your behavior.

**Direction**s = A direction can be contrasted with goals, which are always in the future, may or may not be achieved, and over which you have relatively little control. A direction starts right here and now, can be chosen at any time, and can go on forever. You don’t need to feel or think anything else before you can start in a direction.

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***Class 3 Noticing Homework:***

*See if you can periodically “press the pause button” and notice if you are moving away from experiences you do not want to have or if you are moving towards something that is important to you. Once you notice whether you were moving toward or away, then see if you can notice what you were moving away from or what you were moving toward. The most important part of this exercise is the noticing, but you might also find it useful to reflect for a bit at the end of the day and write a bit about what you observed using the chart below.*

5 senses experience

Mental Experience

Values

Suffering