

Values-to-Action Worksheet

Translate core values into concrete weekly actions and decisions.

Web version: <https://beyondpsychub.com/values-to-action-worksheet/>

Matching assessment: <https://beyondpsychub.com/values-alignment-assessment-coaching/>

Use this worksheet after the Values Alignment Assessment to turn abstract values into visible choices, calendar commitments, and small weekly actions. Values are directions you can express repeatedly, not goals you finish once.

Important disclaimer

This worksheet is for coaching, personal development, education, and self-help purposes only. It is not a medical, psychological, or psychiatric assessment, diagnosis, psychotherapy, or treatment tool. If you have a diagnosed condition, think you may have one, or are experiencing persistent or concerning physical or mental-health symptoms, discuss your situation with a qualified medical or mental-health provider. Do not delay professional care because of information or exercises in this worksheet.

Step 1: Write Your Five Core Values

Core value	Importance 0-10	Current alignment 0-10	Gap

Step 2: Define What Each Value Looks Like in Real Life

Choose your three most important values and describe the behaviours that move you toward or away from them.

Value	When I am living it...	When I move away from it...	One small behaviour

Value	When I am living it...	When I move away from it...	One small behaviour

Step 3: Calendar Reality Check

Look at the last seven days. Where did your time and attention actually go?

Major use of time	Which value did it support?	Chosen or automatic?

Step 4: Identify a Values Conflict

Value 1 _____

Value 2 _____

What each value is trying to protect _____

What happens if I over-prioritize Value 1 _____

What happens if I over-prioritize Value 2 _____

A balanced or both-and option _____

Step 5: Turn One Value Into a Weekly Commitment

Value I want to express more _____

One visible behaviour _____

When I will do it _____

What I need to say no to _____

What support will help

Step 6: End-of-Week Review

- Which choice felt most aligned with my values?
- Where did I act mainly from habit, fear, or outside pressure?
- Which value needs more room next week?
- What trade-off am I willing to make consciously?

Key Takeaways

- Values become useful when translated into observable behaviour.
- Your calendar often reveals more about alignment than your intentions do.
- Conflicting values usually require deliberate trade-offs.
- Choose one value and one concrete behaviour for the week.

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