

# What matters most to you

InsightTimer

Created in collaboration with licensed clinical psychologist, Dr. Diana Hill

We all have shoulds, rules, goals, and expectations for ourselves. But have you ever paused to consider what matters to you personally?

If you were to meet yourself ten years from now, what would make you proud about who you are? How do you want to show up at work, in your relationships, in your health, with yourself? Are you aligned with that person right now? These are the types of questions we ask to get at your values in ACT.

**ACT Definition:** Values are ways of acting in the world that reflect what matters most to you. Values are not goals—they are dynamic, ongoing and unique to you. You can live out your values anywhere, anytime—you don't have to wait for circumstances to change to act on what you care about. There are hundreds of values to choose from, but here are some examples:



## Compassion

Offering kindness and understanding to both yourself and others—especially in moments of pain or difficulty.



## Integrity

Acting in line with your core beliefs, even when it's tough, to stay true to who you are.



## Courage

Stepping forward despite fear or uncertainty, and choosing to engage in what matters most rather than avoiding discomfort.



## Growth

Embracing the ongoing process of learning and development, and remaining open to change and new experiences.



## Curiosity

Approaching life with a spirit of exploration and questioning, staying receptive to fresh perspectives and knowledge.



## Connection

Fostering meaningful relationships with people and the world around you, prioritizing genuine interaction and empathy.



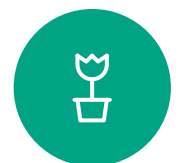
## Responsibility

Owning your actions and choices, recognizing their impact on yourself and others, and striving to act in ways that support your commitments.



## Self-Care

Protecting and nurturing your mental and physical well-being, acknowledging that self-compassion fuels resilience.



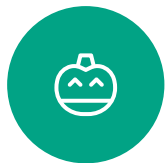
## Generosity

Offering your time, energy, and resources in service of others, driven by empathy and a desire to contribute positively.



### Perseverance

Continuing to pursue meaningful aims despite setbacks, discouragement, or unexpected obstacles.



### Humor

Finding lightness or amusement in challenging situations, using laughter as a way to cope and connect rather than to dismiss difficulties.



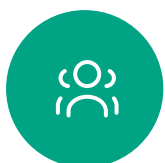
### Presence

Bringing mindful awareness to the here and now, fully engaging with what's happening rather than dwelling on the past or future.



### Organization

Creating structure in your life—both mentally and physically—to support your priorities and promote a sense of order.



### Service

Contributing positively to your community or society by acting in ways that benefit others, guided by a sense of purpose and compassion.



### Adventure

Being open to taking risks or stepping outside your comfort zone, seeing the unknown as an opportunity for new experiences.

## Journal Practice:

Use your Insight Timer Journal to reflect on the following questions:

1. If you were to choose three words that describe how you want to be in the world, what would they be? Why are these values important to you?
2. How aligned are you with these values in your life right now? Are there domains of your life (e.g., work, relationships, spirituality, health, community, relationship with self) that you would like to bring this value more to the forefront?

## Insight Timer Practices:



[Clarify Your Personal Values with ACT](#)



[Getting Clear on Your Values and Purpose](#)

## ACT Daily Practice:

Take the three values you choose above and write them a sticky note. Put them somewhere you will see it. Make an effort to act on these three values today—at work, in your relationships, in your health behaviors, with yourself. At the end of the day, reflect on what you specifically did to live out that value in your actions and how it felt.