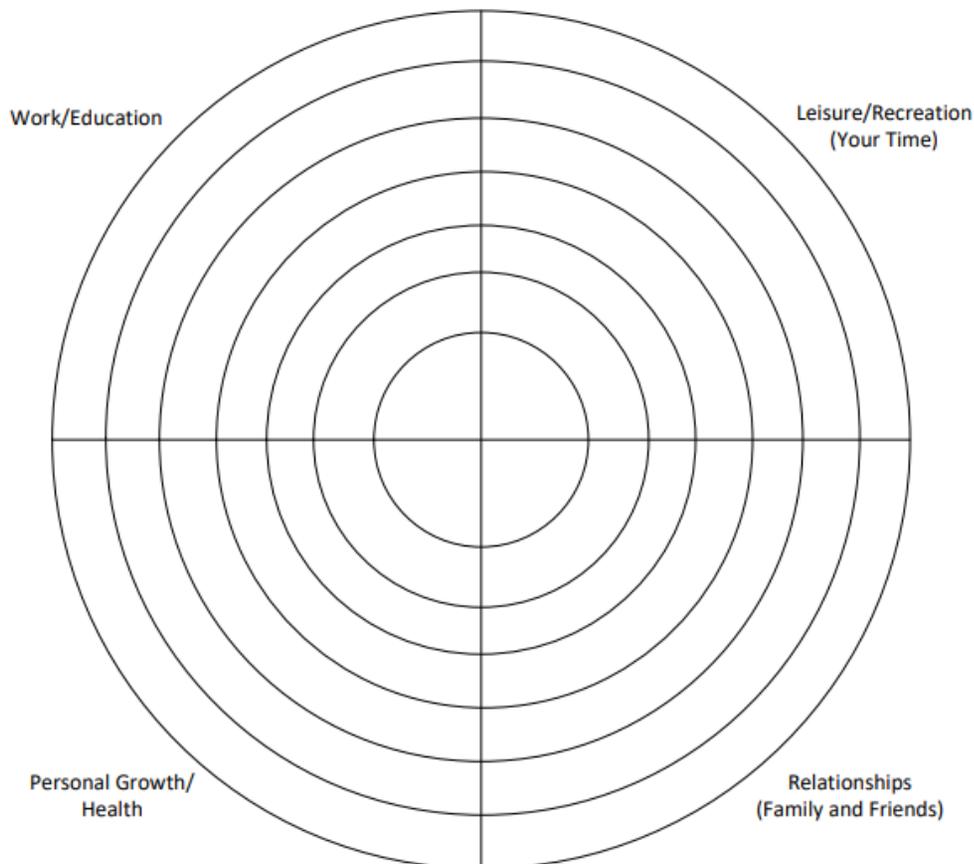




ACT bullseye worksheet

Refer to your value-identification worksheet and mark an X on the image below to represent where you currently stand with respect to fulfilling those values in these four domains. The center indicates you are living your life fully according to those values and the outermost edge indicates you are nowhere near living the life you want in line with your values. Give a brief description of your markings for each domain.



Work/Educa tion	
Leisure/Rec reation	
Personal Growth/Hea lth	
Relationshi ps	

Reference

[Lundgren, Tobias & Louma, Jason & Dahl, Joanne & Strohsal, Kirk & Melin, Lennart. \(2012\). The Bull's-Eye Values Survey: A Psychometric Evaluation. *Cognitive and Behavioral Practice*, 19\(4\), 518-526.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.