ACT-INFORMED

Values-to-Action Bridge

Translate what matters into one behaviour that fits real life.

FOR	Teens and adults	**TIME**	20 min

Values are qualities of action, not achievements to complete. Use this bridge to choose a direction, notice barriers, and design one small act that expresses what matters.

HOW TO USE

Complete this tool collaboratively or review it together afterward. Adapt language, pace, and format to the person's formulation, culture, access needs, capacity, risk, and preferences.

TOPICS: Values / Goals / Motivation

01

Choose a direction

Focus on how you want to show up, not how you want to feel.

A life area that matters right now

Relationships, learning, health, community, work, creativity, or care.

The quality you want to bring

For example: honest, steady, curious, caring, courageous.

Why this quality matters to you

Connect it to lived meaning.

02

Meet the barriers

Barriers can be practical, interpersonal, or internal.

What might get in the way?

Include time, access, thoughts, feelings, sensations, and urges.

What can be changed or prepared for?

Identify practical support.

What may need to be carried with kindness?

Not every barrier can be solved first.

03

Cross one plank

Make the action small enough to start and meaningful enough to matter.

My values-shaped action

What will you do, where, and when?

The first two-minute version

What is the smallest start?

How I will notice and review

When will you reflect on what the action was like?

> *Success means practising the chosen quality. The outcome may still be uncertain.*