



Commitment, Obstacles, and Strategies Worksheet

Committed action is an Acceptance and Commitment Therapy process that involves goal-setting. Use this worksheet to help you or your client design long-term life goals that are based on personal values. It can be a useful resource when used alongside or after a values identification exercise.

This worksheet has 3 parts:

- In the first column, **Commitment**, there is space to write down a life goal related to one's personal values. This should be concrete and clear so as to allow for feedback on your potential progress.
- The second column considers **Potential Obstacles**. Use this to list any possible challenges that are linked to the identified goal, and which may slow down or hinder their commitment to its pursuit. These could be practical or personal, including emotions and perceived psychological hurdles to overcome.
- **Strategies for boosting commitment** can be generated and listed in the third column to help you or your client overcome their perceived obstacles. A plan for dealing with possible obstacles will enable effective action toward them and greater commitment to their achievement.

Commitment, Obstacles, and Strategies Worksheet

Worksheet

Commitment

A concrete goal you have identified, which relates to your personal value.

Potential Obstacles

What obstacles could potentially prevent you from pursuing this goal?

Strategies for Boosting Commitment

What could you do to tackle these obstacles?

Four horizontal dotted lines are present across the three columns, providing a grid for writing answers to the questions above.