

Values, Goals & Actions Worksheet for Military Veterans

Adapted from Bond, F., Flaxman, P., & Livheim, F. (2013). The Mindful and Effective Employee: An Acceptance and Commitment Therapy Training Manual for Improving Well-Being and Performance.

Understanding Your Values, Goals & Actions

Transitioning from military to civilian life can be challenging, but clarifying your values can help guide your decisions and actions. This worksheet will help you align your goals with what truly matters to you, setting meaningful actions to move forward.

Step 1: Identifying Your Key Life Areas

Choose a life area that is important to you:

- **Health** (physical fitness, mental well-being, sleep, nutrition)
- **Relationships** (family, friends, community, teamwork)
- **Work & Career** (employment, education, skill-building, leadership)
- **Leisure & Recreation** (hobbies, travel, adventure, creativity)
- **Personal Growth** (learning, spirituality, personal development)
- **Service & Contribution** (mentorship, volunteering, making a difference)

Write down your chosen life area:

Life Area: _____

Step 2: Defining Your Values

Your values are the principles that guide your actions. What kind of person do you want to be in this life area?

Write a few key words that reflect your values in this area (e.g., discipline, integrity, connection, growth, adventure):

Value Reminder Words: _____

Step 3: Setting Values-Based Goals

Reminder: Make Your Goals SMART

- **Specific:** What exactly will you do and when?
- **Meaningful:** Ensure your goal is guided by your values.
- **Adaptive:** Moves you in a valued direction.

- **Realistic:** Achievable within your skills and means.
- **Time-framed:** Set a clear deadline or timeframe.

Short-term Goals (Next 4 Weeks)

What specific actions can you take in the next four weeks that align with your values?

1. _____
2. _____
3. _____

Medium-term Goals (Next 6 Months to 1 Year)

How can you build momentum towards long-term success?

1. _____
2. _____

Long-term Goals (Next 3 Years or More)

Where do you want to be in the long run?

1. _____
 2. _____
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Step 4: Overcoming Internal Barriers

Military training instils discipline and resilience, but transitioning to civilian life comes with new challenges. What thoughts, feelings, or urges might get in the way of following through on your goals?

Examples of thoughts:

- "I feel like I don't belong in civilian workplaces."
- "I miss the structure of military life."
- "I don't know where to start."

Examples of emotions:

- Frustration about adjusting to a new way of life.
- Anxiety about fitting in or finding purpose.
- Sadness over losing military camaraderie.
- Fear of failure or making the wrong choices.

Write down any internal barriers that might hold you back:

1. _____

2. _____
 3. _____
-

Step 5: Committed Actions for the Next Week

What small steps can you take this week to move in the right direction?

Examples:

- Reach out to a veteran support group.
- Apply for one job or educational program.
- Schedule a workout or a health check-up.
- Set up a coffee with a mentor or friend.

Write down your committed actions:

1. _____
 2. _____
 3. _____
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Final Reflection

- How will you remind yourself to stay on track?
- Who can support you in this journey?

Remember: Progress, not perfection. Small steps matter. Stay connected to what truly matters to you.

This worksheet is designed to help you navigate your transition with clarity and purpose. Keep it somewhere visible and revisit it regularly.