ACT for Psychosis Recovery Session Worksheets

B1. Values Worksheet

- **Meaningful Activity**
  - (work, education, career, skills development)

- **Leisure and Fun**
  - (playing, relaxing, having fun)

- **Personal Growth and Health**
  - (religion, spirituality, growth, health)

- **Relationships**
  - (friends, partner, family, coworkers)

- **Others?**
  - (other things that are important to you)