

# Values Compass in Nature

*A Mindfulness-Based Ecotherapy ACT Worksheet*

## Purpose:

This guided exercise helps you clarify your core values by engaging your senses outdoors and noticing what feels alive, steady, or resonant. Rather than thinking your way into values, you will experience your way into them.

## Part 1: Arrive and Ground

Take a slow walk outdoors. This can be in a forest, park, neighborhood sidewalk, beach, or backyard. Walk at a slower pace than usual.

Pause and take 3 slow breaths.

1. What do you notice through your senses right now?

- Sight: \_\_\_\_\_
- Sound: \_\_\_\_\_
- Smell: \_\_\_\_\_
- Touch (air, ground, temperature): \_\_\_\_\_
- Movement in your body: \_\_\_\_\_

## Part 2: What Feels Alive?

As you continue walking, notice what draws your attention naturally.

2. What in the environment feels vibrant, alive, or energizing?  
(A color? A tree? Light through branches? Wind movement?)

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3. What qualities does this have? (e.g., resilient, flexible, rooted, expansive, quiet, strong)

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4. Where do you long to embody these same qualities in your life?

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### Part 3: What Feels Steady?

Notice something stable or enduring in your surroundings.

5. What appears grounded, rooted, or steady?

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6. What qualities of steadiness do you observe?

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7. In what areas of your life do you want to practice this steadiness?  
(Relationships, work, creativity, health, spirituality, community, etc.)

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### Part 4: What Feels Resonant?

Pay attention to moments when something feels personally meaningful.

8. What evokes a sense of “yes,” alignment, or quiet recognition?

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9. If this feeling had a message for how you want to live, what would it say?

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### Part 5: Clarifying Your Values Directions

Based on your observations, complete the statements below:

10. I want to move toward being a person who is more:

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11. In my relationships, I value:

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12. In my work or contribution to the world, I value:

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13. In caring for myself, I value:

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### Part 6: Committed Action

Values are directions, not destinations.

14. One small action I can take this week that aligns with what I discovered:

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15. What internal obstacles might show up? (Thoughts, emotions, urges)

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16. If those show up, how will I practice acceptance and continue forward?

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### Closing Reflection

Stand still for a moment before leaving.

Notice that nature does not rush to become anything other than what it is.  
Your values are not achievements. They are directions you walk, one step at a time.