

# Values to Action with Mindfulness-Based Ecotherapy

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This worksheet helps you identify your core values and translate them into concrete, meaningful actions. Integrating Mindfulness-Based Ecotherapy encourages you to root these values in the natural world, drawing on ecological wisdom to guide purposeful behavior.

## Part 1: Identify Your Core Values

List three to five values that feel central to who you are. (Examples: integrity, compassion, creativity, stewardship, courage, community)

Your values:

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## Nature reflection

Consider how different elements of nature embody values. A river may represent persistence, a forest interdependence, a mountain stability. Let these images help clarify what matters most to you. Describe a few of these in the space below:

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## Part 2: Define What Each Value Looks Like in Action

For each value, describe what it means in your daily life.

Value:

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What does this value look like when lived?

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How does it shape your choices?

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How does it influence your relationships?

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Repeat for each value.

### Nature reflection

Think of how ecosystems express their “values” through consistent patterns. A tree grows toward light. A stream follows gravity. What direction does your value naturally pull you toward?

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### Part 3: Set Concrete, Aligned Goals

Choose one value and create a specific, achievable goal that expresses it.

Value: \_\_\_\_\_

Goal: \_\_\_\_\_

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Why this matters:

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Break the goal into smaller, measurable, achievable steps:

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Nature-supported step (How can spending time in nature or using nature metaphors help support you in achieving your value-related goals? Example: Being strong like an oak or flexible like a reed in the wind):

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Incorporate a grounding practice or outdoor element to reinforce the goal. Describe below:

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## Part 4: Identify Barriers and Supports

List potential obstacles that might interfere with acting on your values.

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Internal barriers (fear, self-doubt, overwhelm)

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External barriers (time, resources, environment)

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Now list supports:

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Skills you already have:

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People who can help:

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Nature-based supports (outdoor spaces, grounding objects, sensory anchors)

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## Nature reflection

Just as plants adapt to wind, drought, or shade, you can adapt to challenges by adjusting your approach rather than abandoning your direction. As you create your action plan in the next step, think about some potential things that could go wrong and how you could change your course if they do so you can be more adaptable while continuing to live within your values.

## Part 5: Create an Action Plan

Write out the specific actions you will take this week to live your chosen value.

What you will do

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When you will do it

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How you will stay grounded

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What nature-based practice you will use before or after

Examples:

- A short walk to reflect on your intention
- Touching a grounding object before a difficult conversation
- Journaling outdoors after completing a value-aligned task
- Other (describe below)

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## Part 6: Reflect on Alignment

After taking action, reflect on the experience.

How did acting on this value feel?

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What emotions arose?

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What shifted internally?

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How did nature support your clarity or courage?

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What is one next step you can take?

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### Nature reflection

Alignment with your core values is like tending a garden. Small, consistent actions create long-term flourishing. If one day at a time isn't enough, try moment to moment in being mode.