

Committed Action: Taking Your Values Into the World

Page 1 of 4

Committed Action is the Acceptance and Commitment Therapy (ACT) process of taking concrete steps toward what matters, even when difficult thoughts, emotions, uncertainty, or fear show up. The goal is to learn to make room for discomfort while choosing behavior that moves you toward your values.

In Mindfulness-Based Ecotherapy (MBE), committed action can be understood as bringing your values into relationship with yourself, other people, and the natural world. Nature reminds us that meaningful growth usually happens through repeated, small actions rather than one dramatic transformation.

Example: You value integrity and participation, but you feel anxious about speaking in a meeting. Committed action might mean raising your hand and contributing anyway—not because the anxiety has disappeared, but because participating is more important than avoiding discomfort.

1. What Matters to Me?

Choose one value that you want to express more fully in your life.

My value is: _____

Why does this value matter to me?

If I were living this value more consistently, what might other people notice about me?

2. Notice What Gets in the Way

Think about a situation in which you would like to act according to this value.

The situation is:

Committed Action: Taking Your Values Into the World

Page 2 of 4

What thoughts might show up in this situation?

What feelings or emotions might show up in this situation?

What sensations might I notice in my body?

What might I be tempted to do to avoid discomfort?

Remember: These thoughts, feelings, and sensations do not have to disappear before you act.

3. Take a Mindful Nature Pause

If possible, step outside or sit near a natural element such as a tree, plant, rock, body of water, or patch of sky.

For one minute, simply notice what is present.

What do you see?

What do you hear?

Committed Action: Taking Your Values Into the World

Page 3 of 4

What do you feel in your body?

Now consider:

What can this natural element teach me about continuing forward despite obstacles or discomfort?

4. Turn Values Into Action

Choose one small, specific action that expresses your value.

My committed action is:

I will do this:

Day/date: _____ Time: _____

Where: _____

Who or what will be involved? _____

Make the action small enough that you can realistically do it. Committed action is about direction, not perfection.

5. Make Room for Discomfort

Before taking action, pause and notice:

"I am noticing _____."

"I am feeling _____."

"My mind is telling me _____."

Committed Action: Taking Your Values Into the World

Page 4 of 4

Instead of waiting for discomfort to disappear, I am willing to carry this discomfort while I:

6. Reflect Afterward

Did I take the committed action?

☐ Yes ☐ Partly ☐ Not yet

What happened?

What did I notice about my thoughts, feelings, or body?

What did I learn about living according to my values?

What is one small step I can take next?

My Commitment

I do not have to feel ready, confident, or comfortable before taking meaningful action. I can notice what is happening inside me, connect with what matters, and take the next small step.

My next step toward what matters is:

Key Takeaway: Committed Action is not about forcing yourself through discomfort; it is about mindfully choosing the next step that moves you toward the person you want to be and the relationships and world you want to help create.