

# ACT Life Compass

## Intimate Relationships

Importance (I): \_\_\_\_\_ /10

Satisfaction (S) \_\_\_\_\_ /10

Recent committed actions(C): \_\_\_\_\_

\_\_\_\_\_

## Parenting

I: \_\_\_\_\_ /10      S: \_\_\_\_\_ /10

C: \_\_\_\_\_

\_\_\_\_\_

## Family of Origin

I: \_\_\_\_\_ /10      S: \_\_\_\_\_ /10

C: \_\_\_\_\_

\_\_\_\_\_

## Friends/Social Life

I: \_\_\_\_\_ /10      S: \_\_\_\_\_ /10

C: \_\_\_\_\_

\_\_\_\_\_

## Community Life/ Environment/Nature

I: \_\_\_\_\_ /10      S: \_\_\_\_\_ /10

C: \_\_\_\_\_

\_\_\_\_\_

## Recreation/Leisure

I: \_\_\_\_\_ /10      S: \_\_\_\_\_ /10

C: \_\_\_\_\_

\_\_\_\_\_

## Work/Career

I: \_\_\_\_\_ /10      S: \_\_\_\_\_ /10

C: \_\_\_\_\_

\_\_\_\_\_

## Education/Learning

I: \_\_\_\_\_ /10      S: \_\_\_\_\_ /10

C: \_\_\_\_\_

\_\_\_\_\_

## Spirituality

I: \_\_\_\_\_ /10      S: \_\_\_\_\_ /10

C: \_\_\_\_\_

\_\_\_\_\_

## Health, Physical Self-Care

I: \_\_\_\_\_ /10      S: \_\_\_\_\_ /10

C: \_\_\_\_\_

\_\_\_\_\_

