

Building a Life Worth Living Worksheet

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Clarifying Your Values and Taking Meaningful Steps Forward

A psychologist-created educational worksheet from KALM Psychology

Welcome

One of the central goals of Dialectical Behaviour Therapy (DBT) is not simply helping people survive difficult moments, but helping them build a life they genuinely want to live.

When we are struggling emotionally, much of our energy is naturally directed toward getting through each day. Over time, it can become easy to lose sight of what matters most to us. We may feel disconnected from our values, relationships, interests, and goals.

Building a life worth living does not mean creating a perfect life. It means intentionally moving toward a life that feels meaningful, balanced, and consistent with your values, even while facing challenges.

This worksheet will help you:

- Reflect on what truly matters to you.
- Identify areas of your life that feel fulfilling and those that may need attention.
- Clarify your personal values.
- Develop realistic goals.
- Take one meaningful step forward today.

Understanding a Life Worth Living

There is no single definition of a life worth living. A meaningful life is deeply personal.

Many people believe they must wait until they feel happier or more confident before building the life they want. In reality, taking small actions that align with our values often increases our sense of purpose and wellbeing.

A life worth living is built through hundreds of small decisions that reflect who you want to become.

My Life Today

Reflect on the following areas:

Physical Health _____

Emotional Wellbeing _____

Relationships _____

Family _____

Friendships _____

Career or School _____

Personal Growth _____

Hobbies & Recreation _____

Spirituality or Meaning _____

Self-Care _____

Which area feels strongest?

Which area would you most like to strengthen?

Building My Life Worth Living

My five most important values are:

Choose one value above.

What is one realistic action you could take this week that reflects that value?

What obstacles might get in the way?

How could you respond if those obstacles arise?

Bringing It All Together

Building a life worth living is an ongoing process rather than a destination.

When life becomes overwhelming, ask yourself:

- What matters most to me today?
- What small action reflects the person I want to become?
- What is within my control?
- What can I do that aligns with my values?

This week's commitment:

This week, I will build my life worth living by:

Continue Your Mental Health Journey

If you are looking for additional support, KALM Psychology offers evidence-based psychological services for adolescents and adults, including individual therapy, DBT skills groups, couples therapy, and therapy intensives.

KALM Psychology

www.kalmpsychology.ca

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Educational Disclaimer

This worksheet is intended for educational purposes only and is not a substitute for psychological assessment, diagnosis, or treatment by a qualified mental health professional.