****** Reflecting on my 80yo self -

A clarifying values activity

*Reflecting on your imagined 80yo self, finish the following sentences based on your current life:*

I spend too much time worrying about…

I spend too little time doing things such as…

Source: The complete set of client handouts and worksheets from ACT books by Russ Harris [www.actmindfully.com](http://www.actmindfully.com)