

Committed Action Plan

What is the goal that you would like to achieve? Make it a SMART goal: **S**pecific, **M**easurable, **A**ttainable, **R**elevant, **T**ime-Bound.

Consider your goal based on your values. Specify the values that underlie this goal. Remember, values are like guiding stars, you set your course by them and use them as a guide, but you never actually reach them or permanently realize them.

Now pick an action(s) that will lead you to accomplish your goal. These will let you know you are on track with respect to your goals and values. My actionable items are:

- 1.
 - 2.
 - 3.
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What 'private stuff' is likely to arise? Emotions? Sensations? Unhelpful and/or negative thoughts or self-evaluations? Memories? Images? The key here is to look at this private stuff as what it is (just stuff), and not what it says it is. Private stuff seems more powerful than reality sometimes. It often says that things are dangerous, or that something is literally true when it is not. Notice how you can have those thoughts and feelings and still do what you value.

Are you willing to make room for the thoughts and feelings that show up as a result of your committed action?

Yes (Move forward with your goals and values – Go for it!)

No (go back and choose a different valued action and repeat this exercise.)
