


Week 4


Looking Closely at Values



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Looking Closely at Values

- Mindfulness Exercise – debrief
- Homework review – Mindfulness/ Practicing acceptance / getting unhooked / self-compassion
- Values Review
- Goal Setting/Committed Action
- Practice/Experiment Homework



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Mindfulness Exercise



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Homework Last Week

1. Practice a skill or skills from the handouts, Mindfulness in Crisis – STOP and even when you are not in crisis, Self-Compassion, and Informal Mindfulness
3. Refer to Common Acceptance Techniques. Practice at least a couple of them.
4. Record Learnings in the Getting Hooked with Emotions Exercise Handout.




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Values are . . .

- Our heart's deepest desires for how we want to behave, and what we stand for in life
- How we want to treat ourselves, others, and the world around us.


When we live guided by values, we gain vitality and we experience life as rich, full, and meaningful
EVEN WHEN IT HURTS.



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Values are not the same as goals


Values	Goals
<i>To look after my physical health</i>	<i>To walk in the 5 K charity walk on January 8th</i>
A direction you want to keep moving in	Something you want to get, complete, have, own, or achieve
How you want to behave deep in your heart	Once achieved, it's over and done with
An ongoing process with no end	Can be checked off the list



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Clarifying our Values Part 2

- Review and Clarify Your Values – The Bull's Eye Part 2




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Setting Goals Exercise

The journey of 1000 miles begins with a single step

- Setting Goals
 - SMART Goals
- Creating a Plan
 - The Willingness action Plan



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Week 4 Key Messages

- Life IS hard work
- Anything meaningful brings challenges

The good news ...


The moment you start steering toward the shore, you're no longer drifting all at sea and you can make the most out of the journey along the way, knowing that you're heading in the RIGHT DIRECTION.



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Homework

1. Take action toward the Willingness and Action Plan



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See You Next Week!

- Mindfulness Exercise - debrief
- Homework review – Goal-setting/committed action
- Revisiting Day 1 What I'd Like to Get Rid of worksheet – Hopes for the Class
- Psychological Flexibility – The Triflex
- Moving forward from here: Identifying next steps
- Resources – Finish UP!!



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