**Exercise: Developing your ACT practice plan**

We spend most of our time on autopilot. If you don’t want to get caught in your old autopilot habits, it’s important to identify what you want to practice in those situations where you are hooked or find yourself struggling with suffering. In this exercise, you’ll identify specific situations in which you’ll practice your ACT strategies and the mental cues that will trigger them. This could be as simple as practicing being present for five minutes every morning right after you wake up. Or it could be practicing NAME (Notice, Allow, Make Space, Expand awareness) when you get angry at your boss. It could be reading over your values for self-care every night before you go to bed. It could be noticing where you are on the matrix five times per day and asking yourself where you want to be heading.

Be patient as you do this exercise. Take time to imagine your daily routine and the types of situations that tend to pop up. This will help you identify areas of daily living that are good candidates for creating new habits. If you create a specific plan for how you’ll practice an ACT strategy on a daily basis, it’s much more likely that you’ll follow through. Notice that we are asking you to identify both a time and a place for practice, and a specific habit you want to practice. It’s best to practice daily, as this will increase your ACT habit strength more quickly and effectively. Feel free to list any number of habits. Don’t overwhelm yourself. Just starting with one is often a good idea.

**Here’s the exercise:**

1. Review the handouts from earlier in the course (you download them again online if you lost some of them) and remember what exercises you did and which ones seemed helpful to you.
2. Identify up to three situations where you would want to practice some ACT responses, in order to build a new habit. Write those below.
3. Situation and place where I want to practice an ACT habit:

Desired ACT habit I want to practice:

1. Situation and place where I want to practice an ACT habit:

Desired ACT habit I want to practice:

1. Sit Situation and place where I want to practice an ACT habit:

Desired ACT habit I want to practice: