**What Comes Along with Valued Action**

If you wish to explore improving your quality of life this week, try giving your focus to one value and one single goal. The point of this exploration isn't whether you accomplish the goal or not, but rather to practice being aware of whatever mind/body experiences come up as you consider doing the things that are important to you. So try to hold the goal lightly as you explore with awareness- whatever happens, it will be your experience.

The value I want to move towards this week is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A goal that is on the path as I move towards my value is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Before taking any action on the goal, set aside some time to center yourself in the present moment by slowing down and noticing your breath. Once present with your five senses and your mental experience (body and mind), remind yourself of the value that you have chosen to focus on. Now picture yourself taking action by working on accomplishing a goal that is consistent with that value. *Notice what mental content comes up as you sit with this value and this goal.* There are no right or wrong answers- just see if you can be an observer of what the mind does. After sitting with your mind for a time, make a note of what came up:

The thoughts/memories, feelings, sensations, urges that passed through my mind:

* Thoughts/memories:
* Feelings:
* Sensations:
* Urges:

If at some point you should happen to find yourself taking action on the goal, notice your experience as it unfolds and write down the thoughts/memories, feelings, sensations, and urges that occur while taking action:

* Thoughts/memories:
* Feelings:
* Sensations:
* Urges: