

Session 4 Summary

- Scheduling activities for a specific time helps you follow through on completing them.
- Mindful acceptance helps you to overcome resistance to doing things you've planned to do.
- Mindful awareness allows you to get the most out of your activities by bringing more of your attention to it.

Action Plan

THINK
Changing Mindset

ACT
Activating Behavior

- Complete one easier activity from your list.

BE
Presence and Acceptance

1. Use mindful grounding and opening to meet any resistance to doing planned activity.
2. Bring mindful awareness to your activity to really experience it.

Lifestyle
Healthy Habits