

USE ACT TO CHANGE UNHELPFUL HABITS INTO VALUES-RICH HABITS

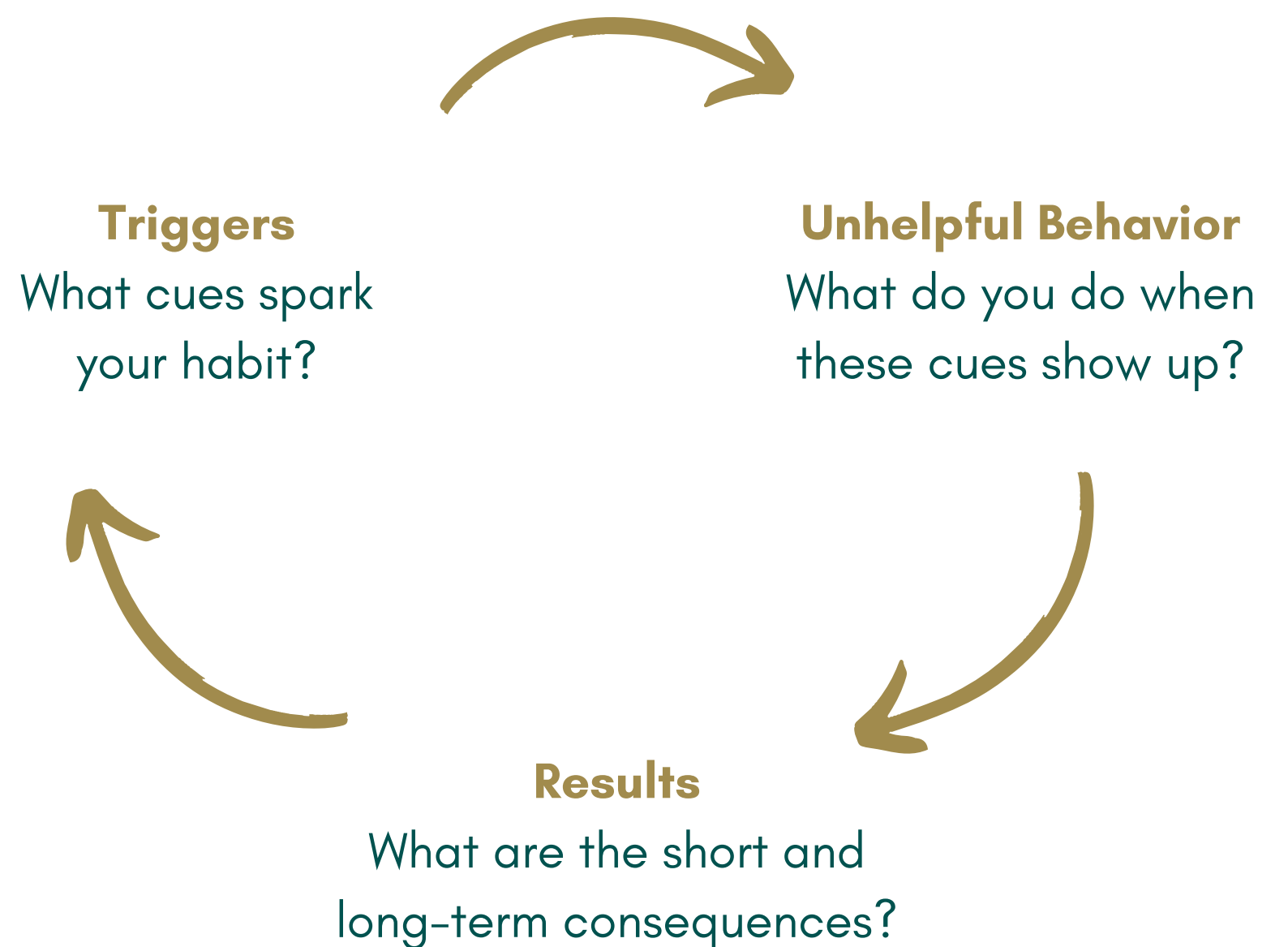
Choose an unhelpful habit

- Pick a behavior you're doing that doesn't align with how you want to be in the world.

Get curious

- What triggers your habit? Pay attention to internal cues (emotions, urges, thoughts) in addition to external ones.
- Try mindfully doing your habit on purpose!
- What does it feel like when you pay attention?
- What happens after? How does your habit impact you in the short and long term?

Diagram your unhelpful habit cycle



Consider your values

- How is your habit interfering with what and who you care about?
- What values do you want to pursue instead?

Choose values-rich behaviors

- How do you want to act when triggers show up?
- What small move could you make even when difficult emotions, urges, thoughts show up?
- Choose an action that is doable even when your motivation is low.

Diagram a new values-rich habit cycle

