# 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



**Triggers** What cues spark your habit? **Unhelpful Behavior** What do you do when these cues show up?



long-term consequences?

# **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



**Triggers** What cues spark your habit? Values-rich Behavior What can you do that supports your values?



What are the intrinsic rewards from acting on your values?

