



Your Daily Practice

Episode 1

How To Become Psychologically Flexible And Thrive
With Diana Hill

Step 1. Answer the following 3 questions in your journal or with a friend:

- When was a moment this past week when you experienced sweetness?
- When was a moment this past week when you experienced discomfort?
- When was a moment this past week when you experienced envy?

Step 2. What do your answers to these questions say about what you care about most?

Step 3. Make a list of 5-10 values based on your answers (e.g., being present, being vulnerable, being kind, being courageous) and place this list somewhere you will see it.

Step 4. Be a values highlighter. Look for opportunities to live out the values on this list and when you, savor it to reinforce yourself.

Step 5. Share with a friend, family member, colleague, therapists or with me on Instagram @drdianahill.com!