



Your Daily Practice

Episode 5

How To Use ACT To Be A High Achiever Without Losing Yourself With Dr. Patricia Zurita Ona

Step 1. Pay attention to what stressful striving versus values-based striving feels like in your body.

Step 2. Take a look at what is driving your striving and perfectionism. Is it something uncomfortable that you are trying to avoid (like feelings of unworthiness or thoughts of not good enough)?

Step 3. Notice choice points. Make a choice to turn toward your values, even if it is uncomfortable.

Step 4. Say no, even to good things, in order to say yes to your values.