



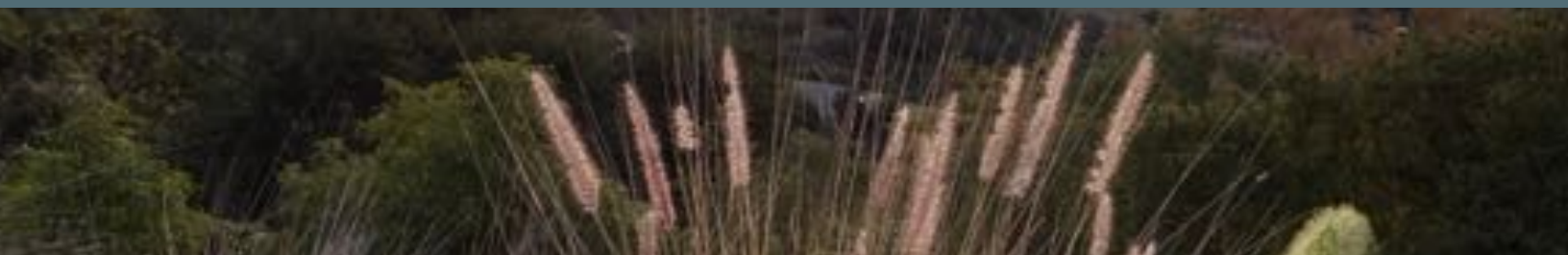
21 ACT Daily Practices

Develop Psychological Flexibility

When you are faced with life's challenges, it's easy to lose track of what's important and become bogged down by your thoughts and emotions. Acceptance and Commitment Therapy (ACT) is a flexible, evidence-based program that helps you build a rich and meaningful life, even in the face of life's struggles. ACT grows your psychological flexibility through 6 Core Processes: Acceptance, Being Present, Cognitive Defusion, Values, Perspective Taking and Committed Action.

Try out these 21 days of ACT Daily and see if they build a little more flexibility, resilience, and meaning in your life!

 Diana Hill PhD





Diana Hill, Ph.D. is a modern psychologist, mom, and co-author of "[ACT Daily Journal: Get unstuck and live fully with Acceptance and Commitment Therapy](#)". She is the host of the podcast [Your Life in Process](#), blogs for [Psychology Today](#), teaches at [Insight Timer](#), is on the clinical advisory board of [Lightfully Behavioral Health](#), and is a guest teacher at InsightLA, Mindful Heart Programs, PESI and Praxis CE.

Through her online teachings, executive coaching, and private therapy practice Diana encourages clients to let go of unhealthy striving and build psychological flexibility so that they can live more meaningful and fulfilling lives. Diana practices what she preaches in her daily life as a mom of two, homesteader, and yoga teacher. Go to drdianahill.com or her channels on Instagram, Facebook, Twitter, YouTube (@drdianahill) to get tools to build psychological flexibility into your daily life.

 **Diana Hill** PhD

21 ACT Daily Practices

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DAY 1: BEING PRESENT

Breathing In...

"Slowing down"

Breathing out...

"I am here"



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DAY 2: ACCEPTANCE

Notice when you are tensing
and resisting with your body today.

Just notice.

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DAY 3: VALUES

Journal Question:

Who and what is most
important to you today?

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DAY 4: PERSPECTIVE

What gifts would you like
to give yourself tomorrow
with your actions today?

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DAY 5: DEFUSION

What is your mind commenting on
right now? Is it helpful?

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DAY 6: COMMITTED ACTION

Choose a person you care about. Act on that care in a small way today.

A photograph of a white orchid plant with several large, delicate flowers. The plant is positioned in front of a window with a wooden lattice pattern. The background shows a view of trees and foliage outside. The lighting is soft and natural, suggesting a bright day.

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DAY 7: PSYCHOLOGICAL FLEXIBILITY

Notice when you are fixing, numbing,
or distracting from your feelings
today. How well does it work?

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DAY 8: BEING PRESENT

Two Eyes Out: Notice the world around you.

Two Eyes In: Notice the world inside you.

One Eye Out + One Eye In: Notice your full experience.



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DAY 9: ACCEPTANCE

Journal Prompts:

Today I am willing to experience...

Today I am willing to open to...

Today I am willing to accept...

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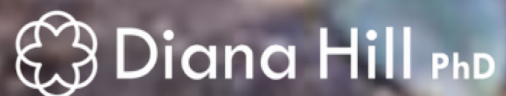
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DAY 10: VALUES

Notice choice points today. Use your values to guide you.



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DAY 11: PERSPECTIVE

Get behind the eyes of another person today. What is it like to be them?



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DAY 12: DEFUSION

Notice your mind telling you rules and shoulds. Try not following one today.

What happens?

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DAY 13: COMMITTED ACTION

Do something that demonstrates
your love today.

"Let the beauty
of what you love
be what you do."
~Rumi

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DAY 14: PSYCHOLOGICAL FLEXIBILITY

Give yourself permission
to feel fully today
so that you can live fully
today

 Diana Hill PHD



A close-up photograph of a person's hands holding a vibrant green four-leaf clover. The person is wearing a bright blue button-down shirt. The background is softly blurred, showing what appears to be a garden or outdoor setting with sunlight filtering through. The overall mood is peaceful and hopeful.

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DAY 15: BEING PRESENT

Breathing in: I am aware I am alive

Breathing out: I am aware you are alive



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DAY 16: VALUES

When life gets hard today, ask yourself:

How does this challenge link to my values?

Can I make space for both values and
discomfort?

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DAY 17: PERSPECTIVE

Journal Question: What qualities from your childhood would you like to bring to life today?





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DAY 18: DEFUSION

What is your mind telling you right now? What is your body telling you right now? Do they agree?

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DAY 19: ACCEPTANCE

Pick a difficult emotion. Where is it in your body? What color is it? What shape? Does it move?

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DAY 20: COMMITTED ACTION

Instead of trying to do it alone, ask
someone to commit with you.

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DAY 21: PSYCHOLOGICAL FLEXIBILITY

Being Present

Acceptance

Values

Perspective

Defusion

Committed ACTION



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21 ACT Daily Practices

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Being Present

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