



Your Daily Practice

Episode 12

Use ACT to Strive Better with Dr. Diana Hill

Are you a high achiever who is experiencing burn out? How do you aim your striving energy towards values driven goals without getting sidetracked by your inner critic? In today's daily practice, you will complete a self-assessment of your own behaviors to help you notice the difference between unhealthy and skillful striving. From this week's Your Life in Process episode, you can then apply these three practices to the unhealthy striving you have noticed in order to move towards skillful striving actions.

3 Self-Assessments

1. Unhealthy Striving Checklist
2. Skillful Striving Checklist
3. Emotional Avoidance Habit Loop

3 ACT Processes to Move from Unhealthy Striving to Skillful Striving:

1. **Fierce Self-Compassion:** Developing an inner coach, who notices when you are struggling and expresses empathy for where you are at, all while encouraging you to move towards actions that are important to you. What would you tell the 80 year old version of yourself? How would you talk to the kindergarten version of yourself?
2. **Harness the Power of Regret:** Begin to view your values through the lens of regrets. Looking back on your life, what would you regret that you did not put your energy towards? Do you have a regret around boldness or a moral regret?
3. **Committed Action towards Skillful Striving:** Make a tiny move towards something you have been putting off. Something that would make your life or the lives of others better. Notice what this feels like for you.



UNHEALTHY STRIVING CHECKLIST

Check the signs of unhealthy striving that apply to you.

- Do you use work to avoid feeling you aren't good enough?
- Do you keep doing more but never feel like you are doing enough?
- Do you neglect important domains of your life?
- Do you believe your inner critic as true?
- Do you avoid taking risks outside your comfort zone?
- Do you compete with people who don't have the same goals as you?
- Do you avoid taking time off because you feel guilty?
- Do you reach a big achievement only to quickly move on to the next one?

TOTAL _____



SKILLFUL STRIVING CHECKLIST

Check the signs of skillful striving that apply to you.

Are you present and engaged in your work?

Do you set goals based on your values?

Do you prioritize important domains of your life?

You do pause to take in the good of your achievements?

Are you encouraging, kind, and motivating when you make mistakes?

Are you courageous and take risks outside your comfort zone?

Do you feel meaning, purpose and belonging in your work?

Do you set boundaries and take time off, even if you feel guilty?

TOTAL _____



YOUR EMOTIONAL AVOIDANCE HABIT LOOP

Fill in the cues that trigger you to strive unhealthily, such as self-judgments, comparison, external rewards, feelings of not good enough, rigid perfectionism. Fill in the behaviors you engage in to experientially avoid these cues (e.g., overworking, not tending to physical needs, neglecting important domains of your life). Fill in the short and long term consequences of your unhealthy striving.

experiential
avoidance

consequence

cues
