



Your Daily Practice

Episode 33

Embrace Your Values and Your Vulnerability
with ACT Co-founder Dr. Kelly Wilson

This week's practice came directly from Kelly Wilson. Here's his recommendations for you.

Practices to try this week

1. Be attentive and faithful to the needs of the day.

- What is most important for you to tend to today? What are your values and how can you carry them out right now? Tending to the needs of the day is a simple practice that builds over time.

2. Have appreciation for uncertainty.

- The more comfortable you are with uncertainty the better you can enter the realm of creativity, risk-taking, and the unpredictability of life. Practice being with uncertainty, spend time with it, and learn to move towards and make space for it.