Pause, Notice, Choose

Values & Purpose
What matters to you?
What values would you want to express in this situation?

Towards Moves
Behaviour that is an expression of the person you would like to be in this situation.

Towards

TOWARDS

Towards

Towards Moves
Behaviour that takes you away from your values and is under the control of those inner experiences.

AWAY

AWAY

INNEX EXPERIENCING
The Symbolic World

Hooks
Inner experiences that can hook you.

5 SENSES EXPERIENCING
The Physical World

Noticing with Kindness & Curiosity

Adapted from Kevin Polk & Benji Schoendorff
Pause, Notice, Choose

Values & Purpose
What matters to you?
What values would you want to express in this situation?

1. The situation (briefly)

Towards Moves
Behaviour that is an expression of the person you would like to be in this situation

2. What is going on inside you relating to this issue?
What thoughts, memories, urges and feelings?

Towards Moves
What would you do if you were being the person you would like to be?

3. It may be helpful to explore your emotion more deeply?
- As you consider this issue, how does it feel in your body?
- Name the different emotions that are present.

4. If you get hooked by, or try to get rid of, any of those inner experiences, what do you tend to do next?

5 SENSES EXPERIENCING
The Physical World

5. And what is the impact of those behaviours
- in the short term?
- in the long term?

INNER EXPERIENCING
The Symbolic World

6. What values would you like to express in this situation?

6. What would you do if you were being the person you would like to be?

7. And when you take those actions, what is the impact
- in the short term?
- in the long term?

7. What is important to you here?

8. What values would you like to express in this situation?

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9. How does this moment relate to your overarching goals for your life?

9. What is important to you here?

10. How does this moment relate to your overarching goals for your life?

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