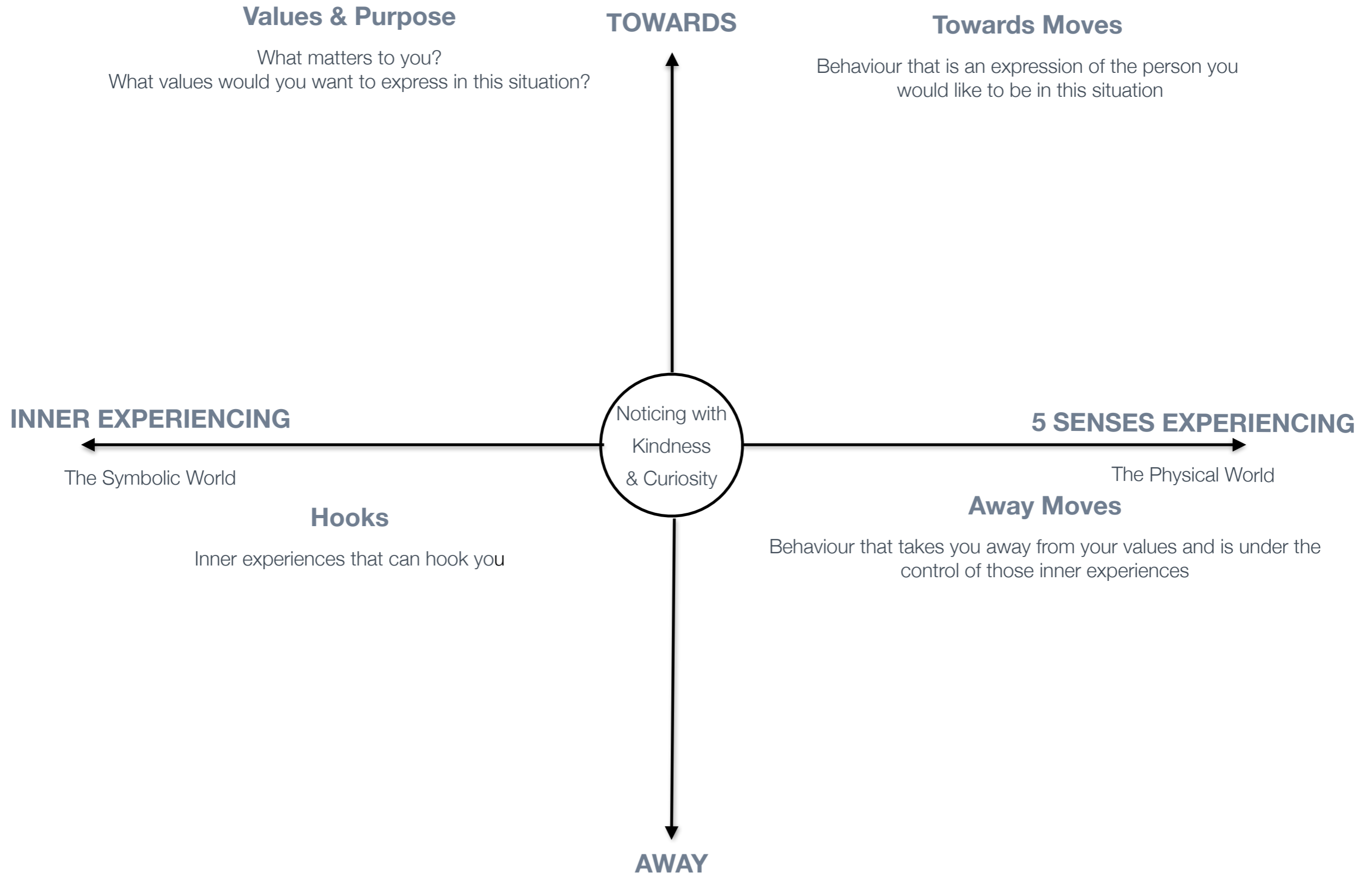


Pause, Notice, Choose



Pause, Notice, Choose

1. *The situation (briefly)*

Values & Purpose

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

8. *What values would you like to express in this situation?*
9. *What is important to you here?*
10. *How does this moment relate to your overarching goals for your life?*

TOWARDS

Towards Moves

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

6. *What would you do if your 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?*

INNER EXPERIENCING

The Symbolic World

Hooks

Inner experiences that can hook you

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

Noticing with
Kindness
& Curiosity

5 SENSES EXPERIENCING

The Physical World

Away Moves

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

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

AWAY