**Taking ACTion: Willingness**

“*When suffering knocks at your door and you say there is no seat for him, he tells you not to worry because he has brought his own stool*.” --Chinua Achebe

**Journal Exercise: Reflection on Practice**Did you practice mindfulness or reflect on how the psychological flexibility matrix relates to your life? What did you observe? If not, what got in the way?

**Journal Exercise: Leaves on a Stream**How was this exercise? What is it like to let go of your thoughts compared to trying to control them or make them go away? When might you try this exercise in your own life?

**Journal Exercise: Mindfulness of Discomfort**

Reactions to this exercise:

How does it feel to have this experience as a physical sensation?

What might the pain or discomfort you experience say about who or what is important to you?