**Taking ACTion Foundations: Part 1**

**My Psychological Flexibility Model**

1.

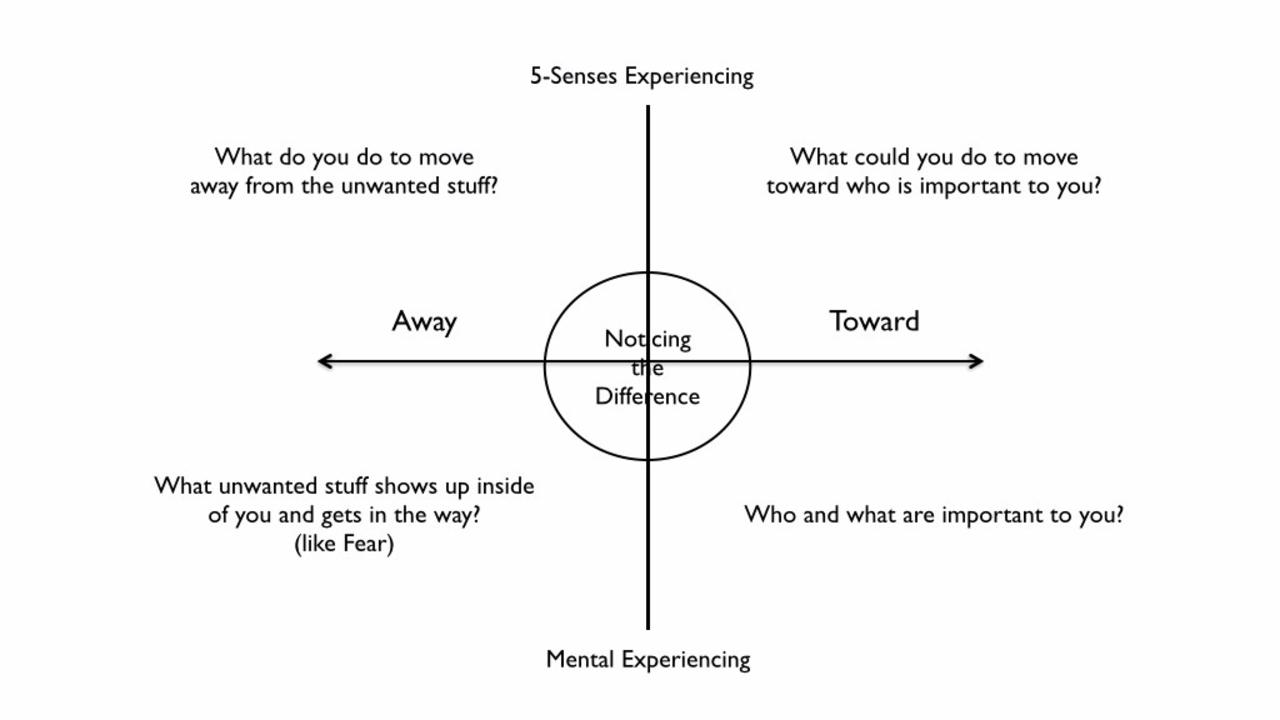
2.

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[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjnwZ24mIHRAhVQziYKHUrIDbQQjRwIBw&url=https://www.theactmatrixacademy.com/store/5pHGem4g&psig=AFQjCNFpKYA6MaOPuldzeTpipXLbMx06dA&ust=1482268982156247)

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# For example:

A screenshot of a cell phone

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**Taking ACTion Foundations: Part 2**

# Journal Exercise: Tug of War Exercise

In what ways does this metaphor relate to your own experience? Use the blank space below to type your response.

# Journal Exercise: Mindfulness of the Moment Exercise

Reflect on your experience of practicing the mindfulness exercise. What was it like for you?

**Practice**

**Mindfulness exercises I want to practice:**

**How often/how much time I will practice:**

**Reminders I will set for myself:**