**Taking ACTion Foundations: Part 1**

**My Psychological Flexibility Model**

1.

2.

3

1.

2.

3



3.

4.

3

1.

2.

3

1.

2.

3

3.

4.

3

3.

4.

3

3.

4.

3

# For example:



**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:**