

MAKING A COMMITMENT WORKSHEET³

'I am here now, *Open* to the way I feel, *Aware* of my thoughts, *Actively* doing what I care about.'

I am	Notice if you are getting caught up with any unhelpful stories about yourself. Let go of these stories if they seem to be in the way of acting on your values.	Indicate when you are Noticing.
Here now	Get in contact with being Here Now – noticing you are breathing, what you are feeling in your body, where you are. Let go of distracting thoughts about things that are not in your present control.	Indicate when you are Here Now.

<i>Open</i>	Allow yourself to feel what you are feeling, without trying to control your emotions. Open up and be willing to have these emotions while doing what you care about.	Describe these feelings.
<i>Aware</i>	Notice the thoughts that show up while you are doing what you care about. Let them float by if they are not part of what you are doing; let them come along for the ride if they are. They are experiences rather than guides.	List these thoughts.
<i>Actively doing</i>	Move your body to do the thing you planned.	Describe the things you were going to do. What will others see you doing?