

## HOME PRACTICE 1: Record of Mindful Engagement in Values-Based Action

<b>Area of your life:</b> health/ relationships/ work/ leisure time/ personal growth
<b>Personal value/ values worked on this week:</b>

List the values-based actions you performed mindfully this week	What did you notice before, during, and after performing these actions?

List any values-based actions you intended to perform but didn't	External barriers (e.g., time/ opportunity)	Internal barriers (e.g., unhelpful thoughts or feelings that popped up and got in the way)