**Post Training Action Plan**

**Please reflect on your experience at this training.** What did you learn about yourself or your practice? How can you turn that into action -- into something to practice, try out, apply, learn more about, or practice?

A concrete goal I could complete that takes me in one of these directions is:

Thoughts, feelings, sensations, urges I’m willing to have (in order to achieve this goal):

• Thoughts:

• Feelings:

• Sensations:

• Urges:

• An ACT strategy I could use in response to these private experiences is (identify a technique or exercise):

**I can break this goal down into smaller steps, such as:**

The smallest, easiest step I can begin with is

The time, day, and date that I will take that first step is