


**MAPPING Your Life:**  
Using the Mindful Action Plan for a Valued Journey



Siri Ming, Ph.D., BCBA-D  
&  
D.J. Moran, Ph.D., BCBA-D

---

---

---

---

---

---

---

---

---

---

1

## Educational Objectives

1. Describe how the principles and strategies of both the Mindful Action Plan and Personal Kanban help to increase psychological flexibility and facilitate values-directed committed action
2. Identify and use the two rules of Personal Kanban (visualize workflow and limit work-in progress) to create a values-based PK board
3. Use the MAP as its elements correspond to the ACT hexaflex and principles of performance management, to establish a reflective practice for evaluation within the context of their PK board

---

---

---

---

---

---

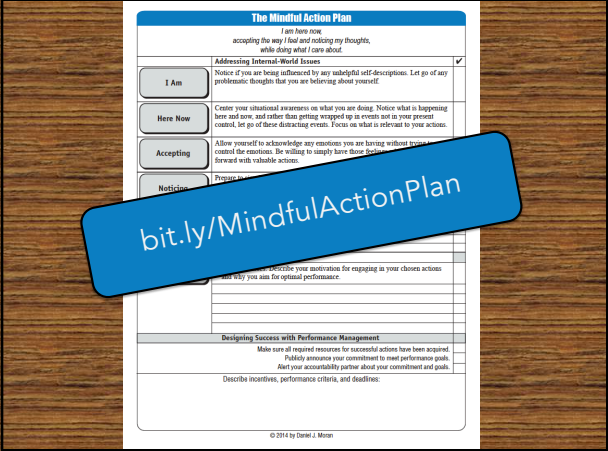
---

---

---

---

2




---

---

---

---

---

---

---

---

---

---

3



"An operational working definition of mindfulness is the awareness that emerges through paying attention on purpose in the present moment, and nonjudgmentally to the unfolding of experience moment by moment."

Kabat-Zinn, 2003, p. 145

7

---

---

---

---

---

---

---

---

---

---

What is attending?  
A generalized operant of selecting a stimulus event to have stimulus control over a selected response  
What is an outcome of a mindfulness exercise?  
Extending the duration of attending

8

---

---

---

---

---

---

---

---

---

---



10

---

---

---

---

---

---

---

---

---

---

“Mindfulness can be understood as a collection of related processes that function to undermine the dominance of verbal networks...  
 These processes include acceptance, defusion, contact with the present moment, and the transcendent sense of self.”  
 – Fletcher & Hayes (2005, p. 315)

11

---

---

---

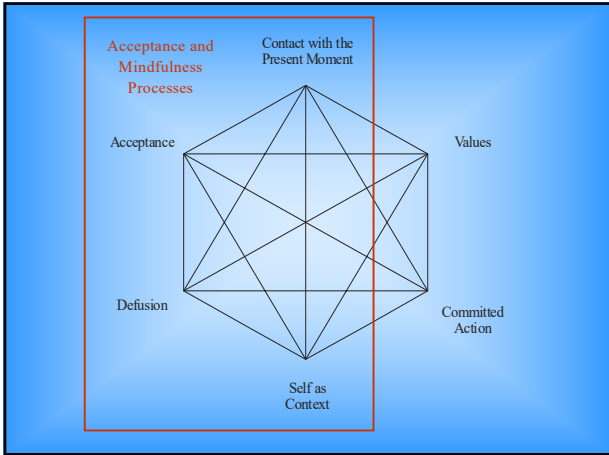
---

---

---

---

---



13

---

---

---

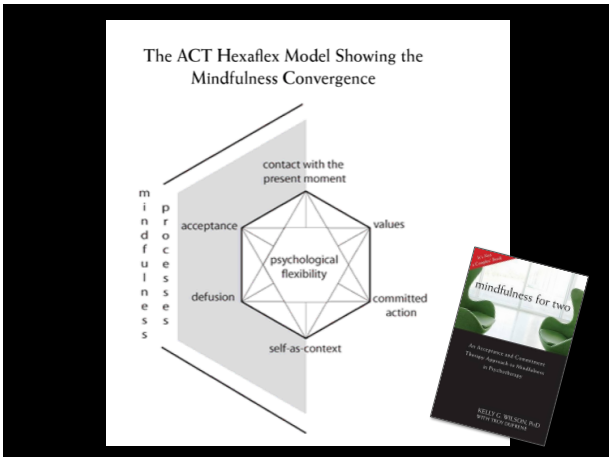
---

---

---

---

---



14

---

---

---

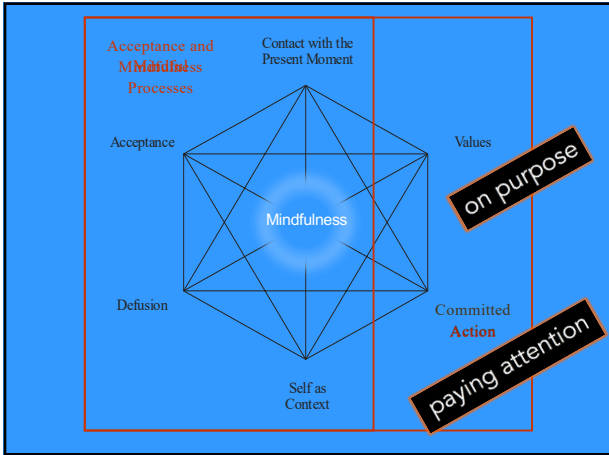
---

---

---

---

---



15

---

---

---

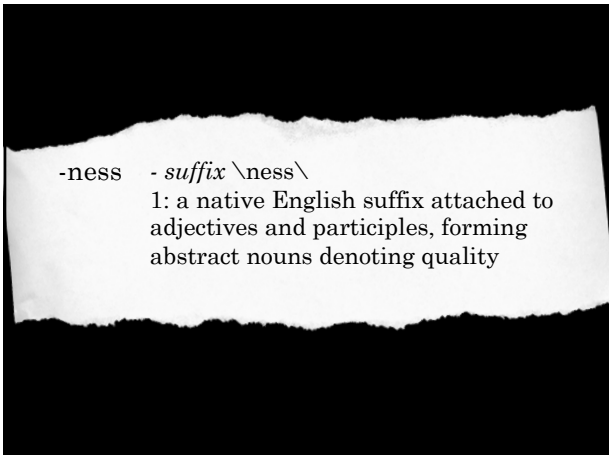
---

---

---

---

---



16

---

---

---

---

---

---

---

---

"The identification of values and committed action are two processes that follow from the mindfulness work."  
 (Fletcher & Hayes, 2005, p. 326)

The identification of values and committed action are two processes that are integrated with mindfulness work.

17

---

---

---

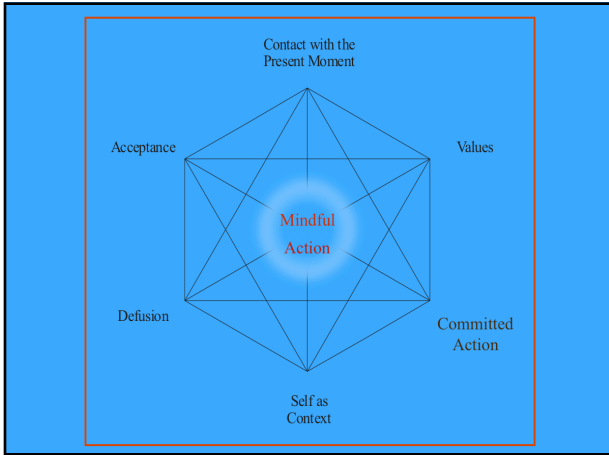
---

---

---

---

---



18

---

---

---

---

---

---

---

---

Mindful action is defined as purposeful, present focused, committed responses, maximally attending to selected stimulus events, and unhindered by irrelevant stimulus events.

19

---

---

---

---

---

---

---

---



20

---

---

---

---

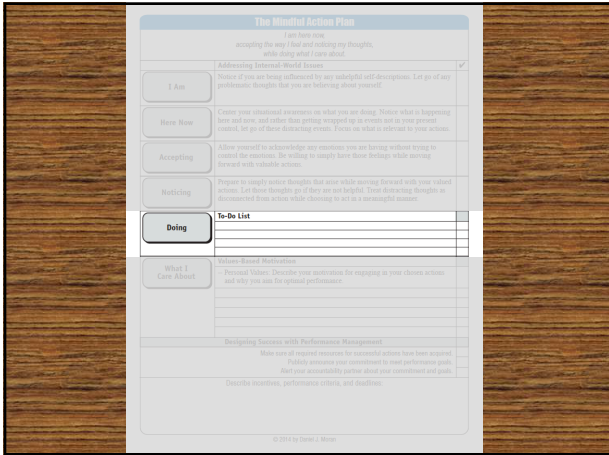
---

---

---

---





24

---

---

---

---

---

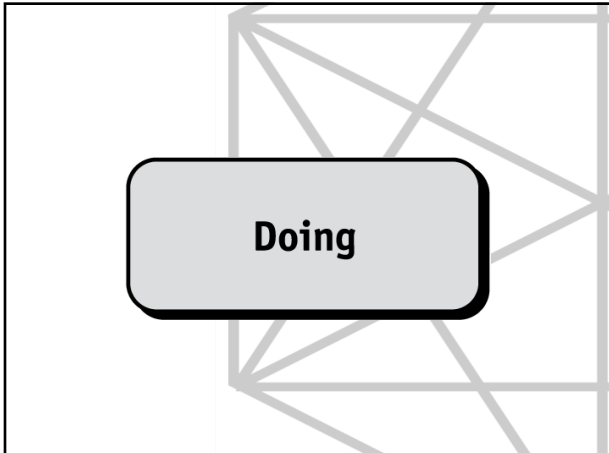
---

---

---

---

---



25

---

---

---

---

---

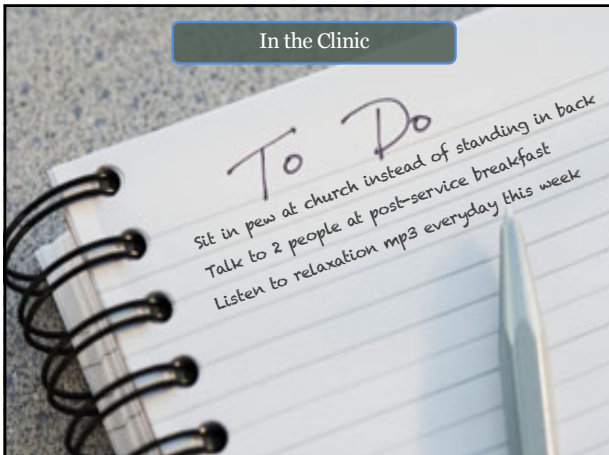
---

---

---

---

---



26

---

---

---

---

---

---

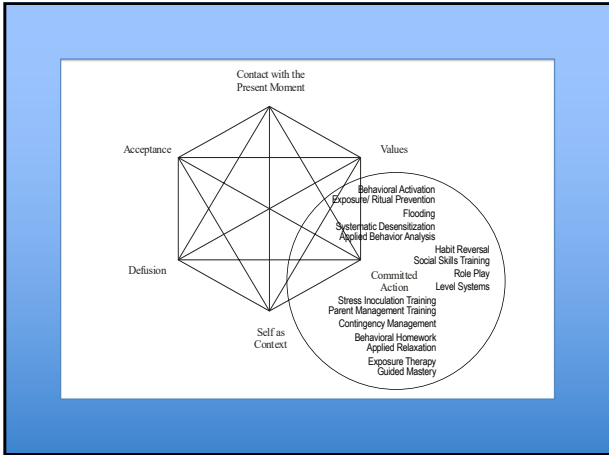
---

---

---

---






---

---

---

---

---

---

---

---

27




---

---

---

---

---

---

---

---

28




---

---

---

---

---

---

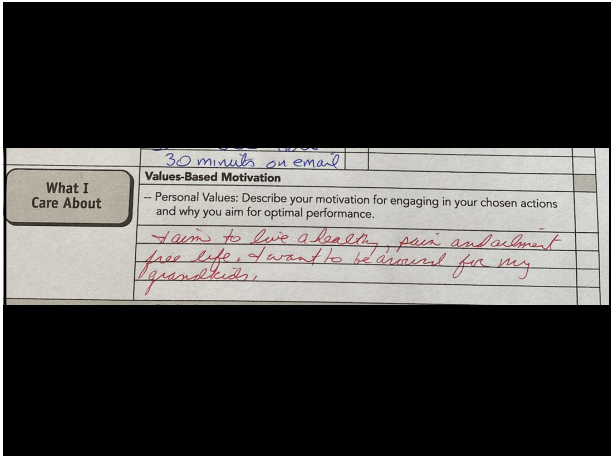
---

---

29







36

---

---

---

---

---

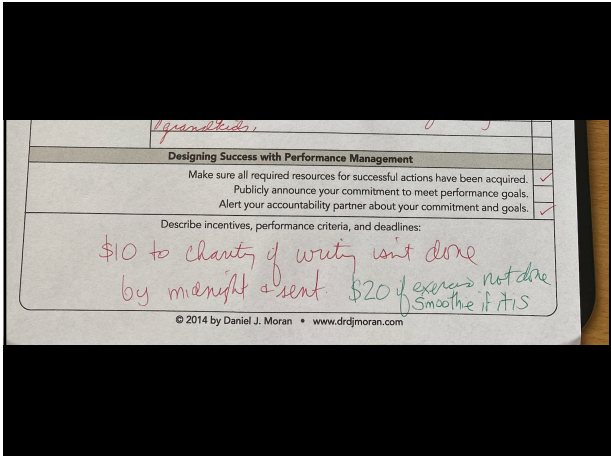
---

---

---

---

---



37

---

---

---

---

---

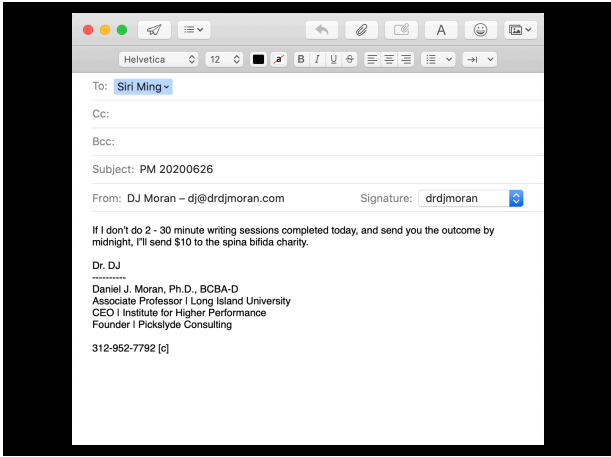
---

---

---

---

---



38

---

---

---

---

---

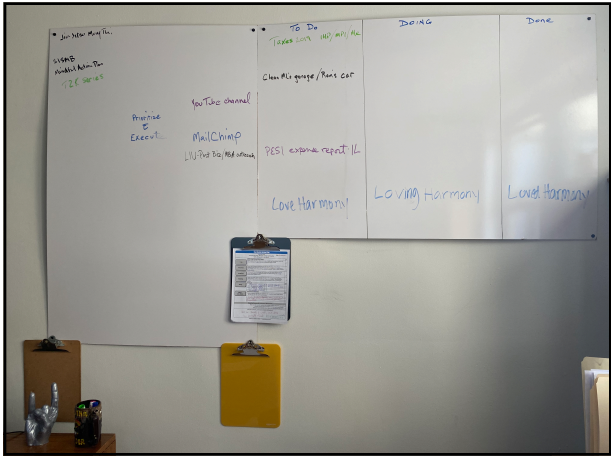
---

---

---

---

---



39

---

---

---

---

---

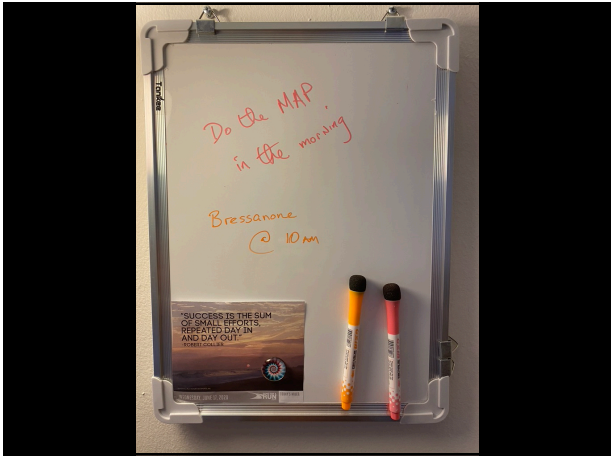
---

---

---

---

---



40

---

---

---

---

---

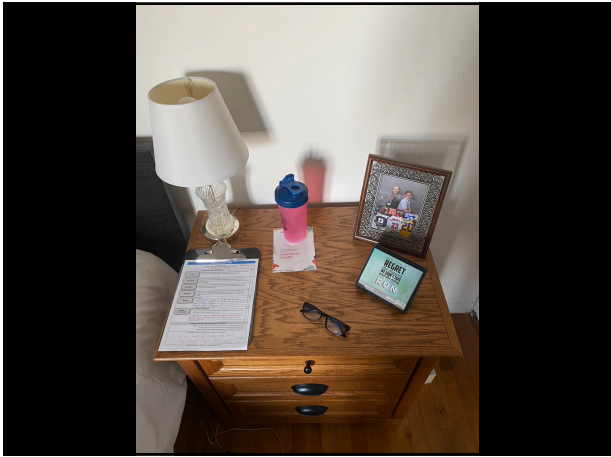
---

---

---

---

---



41

---

---

---

---

---

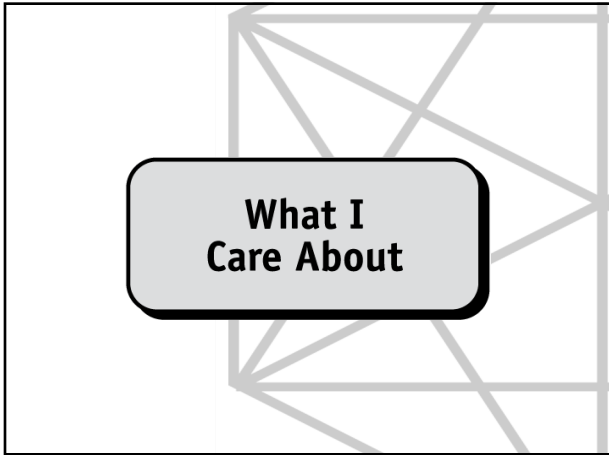
---

---

---

---

---



42

---

---

---

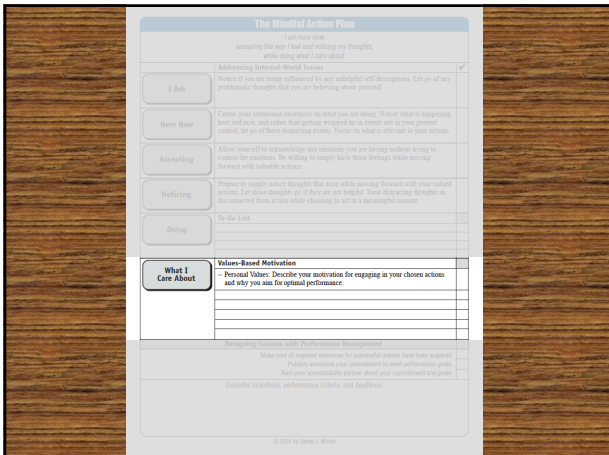
---

---

---

---

---



43

---

---

---

---

---

---

---

---



44

---

---

---

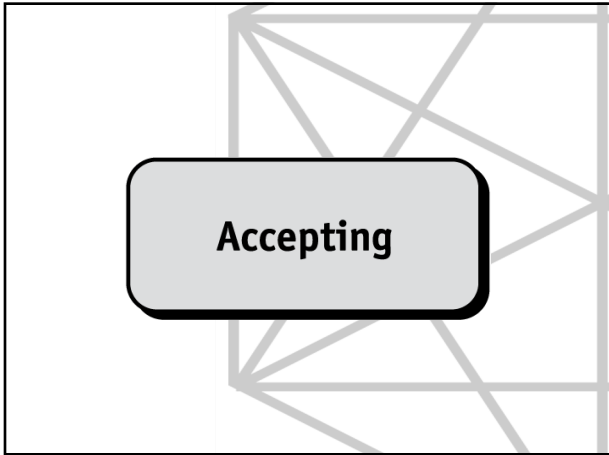
---

---

---

---

---



45

---

---

---

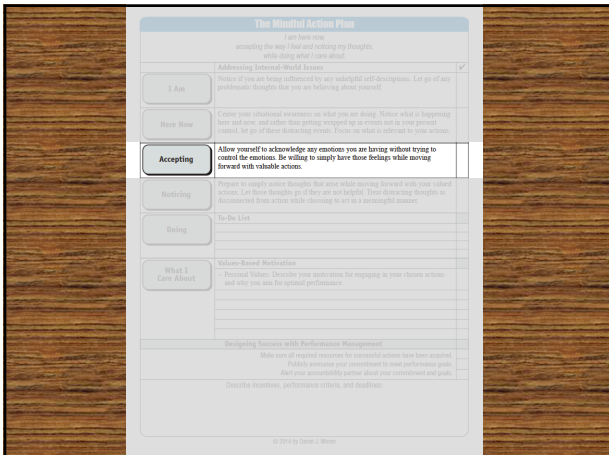
---

---

---

---

---



46

---

---

---

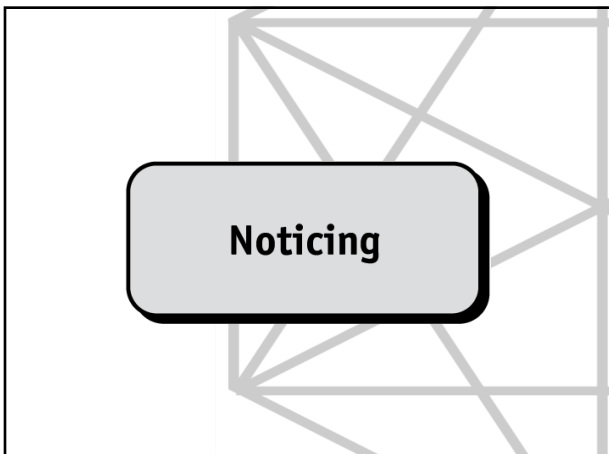
---

---

---

---

---



47

---

---

---

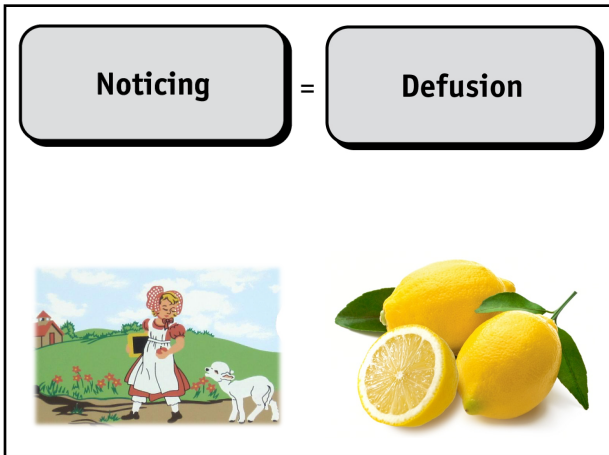
---

---

---

---

---



48

---

---

---

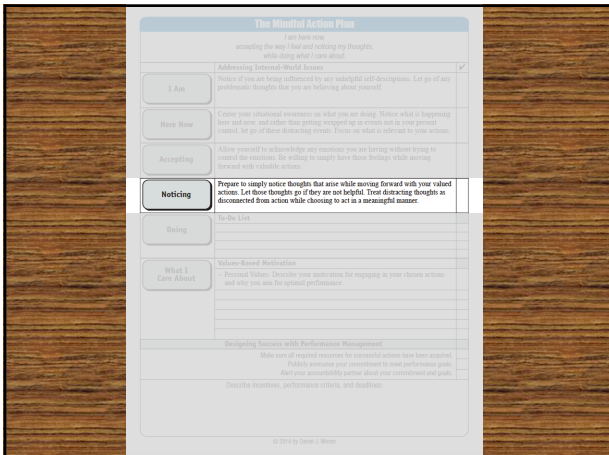
---

---

---

---

---



49

---

---

---

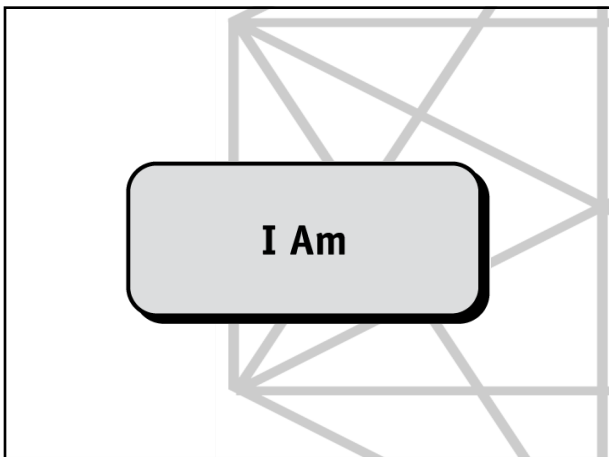
---

---

---

---

---



50

---

---

---

---

---

---

---

---



I am...

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

51

---

---

---

---

---

---

---

---

**The Mindful Action Plan**

I can help myself accepting the way I feel and reducing my thoughts, while doing what I care about.

Addressing Internal-World Issues

**I Am** **Notice if you are being influenced by any unhelpful self-descriptions. Let go of any problematic thoughts that you are believing about yourself!**

**Have Now** **Take your situational assessment on what you are doing. Notice what is happening here and now and notice that getting wrapped up in events was in your present moment, let go of those distracting events. Focus on what is relevant to your actions.**

**Accepting** **Allow yourself to acknowledge any emotions you are having without trying to control the emotions. Be willing to simply have those thoughts while moving forward with valuable actions.**

**Noticing** **Try to catch your thoughts that arise while moving forward with your valued actions. Let those thoughts go if they are not helpful. Treat distracting thoughts as disconnected from action while choosing to act in a meaningful manner.**

**Doing** **To-Do List**

**What I Care About** **Values-Based Motivation: Personal Values: Describe your motivations for engaging in your chosen actions and why you care for optimal performance.**

**Designing Success with Performance Management**  
Made sure all required resources for relevant actions have been acquired.  
 Publicly announce your commitment to meet performance goals.  
 Get your accountability partner about your commitment and goals.  
 Describe incentives, performance criteria, and deadlines.

© 2014 by David J. Stoeberl

52

---

---

---

---

---

---

---

---

**Here Now**

53

---

---

---

---

---

---

---

---

# Situational Awareness

54

---

---

---

---

---


---

---

---

---

---



Killingsworth & Gilbert, 2010

55

---

---

---

---

---

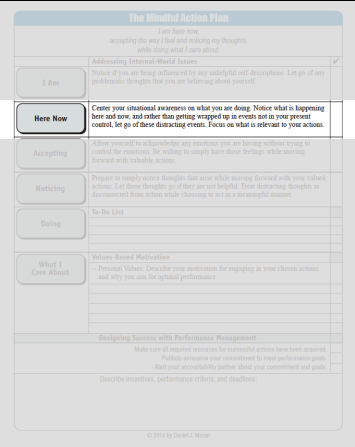
---

---

---

---

---



**The Minimal Action Plan**

I am here now, accepting the way I feel and making my thoughts, while doing what I care about.

Addressing Internal-World Issues  
 \*Notice if you are being influenced by any unhelpful self-deception. Let go of any problematic thoughts that you are believing about yourself.

**Here Now** Create your situational awareness on what you are doing. Notice what is happening here and now, and rather than getting triggered by an event not in your present control, let go of these distracting events. Focus on what is relevant to your actions.

Accepting Allow yourself to acknowledge any emotions you are feeling without trying to control the emotions. Be willing to simply have these thoughts while moving forward with valuable actions.

Refocusing Prepare to simply notice thoughts that arise while moving forward with your valued actions. Let these thoughts go if there are no thoughts. Don't get caught in thoughts or disconnected from action while choosing to act in a purposeful manner.

Doing To-Do List

What I Care About Values-Based Motivation  
 Personal Values: Describe your motivation for engaging in your chosen actions and why you care for optimal performance.

Designing Success with Performance Management  
 Note one of required resources for successful actions have been acquired  
 Publicly announce your commitment to meet performance goals  
 Start your accountability partner about your commitment and goals  
 Describe incentives, performance criteria, and deadlines.

© 2014 by David J. Mosen

56

---

---

---

---

---

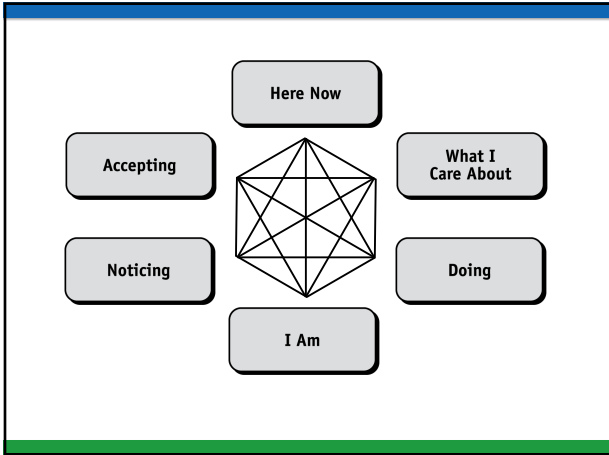
---

---

---

---

---



57

---

---

---

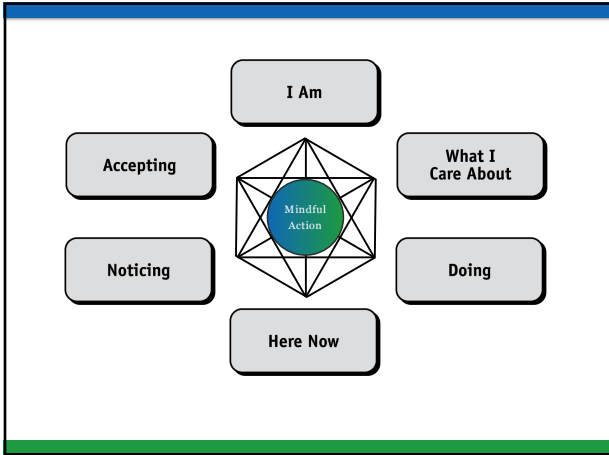
---

---

---

---

---



58

---

---

---

---

---

---

---

---

I am here now, accepting the way I feel, and noticing my thoughts, while doing what I care about

59

---

---

---

---

---

---

---

---







## Doing What I Care About Integrating Personal Kanban with the Mindful Action Plan



---

---

---

---

---

---

---

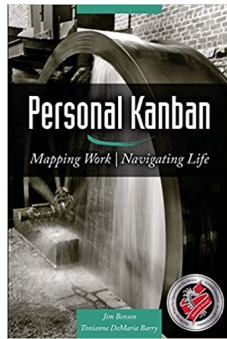
---

---

---

## Personal Kanban Values-directed committed action

- "Work/life balance is a false dichotomy; compartment-alization is not sustainable...It's all living"
- "Fulfillment should not be considered an indulgence."
- "It's only when we can see our context and understand our options that we can effectively prioritize, work with our passions, and find purpose."
- "Our goal here is not to stifle emotion, but to understand where and when it acts as our enemy or ally."
- "We don't simply want to do more. We want to do right. We want to do better. We want to choose the tasks that, over time, increase our options, encourage experimentation, and lead to balanced and successful lives."



---

---

---

---

---

---

---

---

---

---

## Rule 1: Visualize Your Work

---

---

---

---

---

---

---

---

---

---





## MAP+PK

### Visualizing your work

- Task analyze: different work has different flow
- Connect tasks to values
- Be flexible: priorities shift, tasks change, different visuals work for different roles/projects/people
- Eliminate to-do lists
- Visualize your work as a human, not just as a professional



---

---

---

---

---

---

---

---

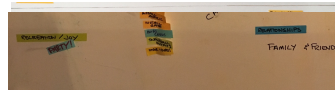
---

---

## MAP+PK

### Visualizing your work

- Task analyze: different work has different flow
- Connect tasks to values
- Be flexible: priorities shift, tasks change, different visuals work for different roles/projects/people
- Eliminate to-do lists
- Visualize your work as a human, not just as a professional



---

---

---

---

---

---

---

---

---

---

## Rule 2: Limit Work in Progress

---

---

---

---

---

---

---

---

---

---





**Homework!**

---

---

---

---

---

---

---

---

