**ACBS World Conference 2022**

**San Francisco, California, USA**

**June 18, 2022**

**Maximizing the Achievement of Children and Adolescents in Their Performance Endeavors Using the ACT Matrix**

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**Control the Controllable**

***…and let go of the rest***

 ***A person wearing a jersey

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***Eeyore Brady***

**What I *DON’T* Control What I *DO* Control**

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**Is this *YOU* focused on the wrong thing????**

**The *ACT Matrix***

**Six-Sense Experiencing/Awareness**

**(In the Moment)**

**ACT MATRIX**

**The *“Zone”***

**Actions that Move Us Away**

(Some are Avoidant)

**Committed, Purposeful Actions**

*Control the Controllable (A.C.E.)*

* + Actions
  + Concentration (Focus)
  + Effort

**Away**

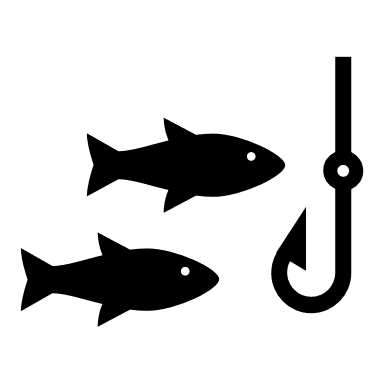
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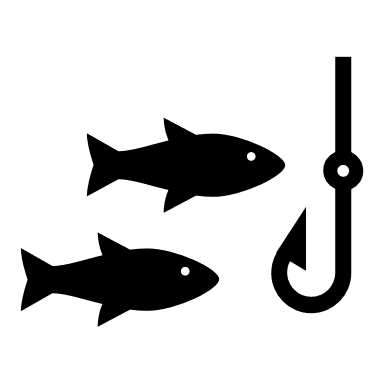
**Me Noticing**

**Me Noticing**

**What’s Important to Me**

**Dwelling/Obsessing (the uncontrollable)**





**Commitment**

**Willingness**

**Acceptance**

**Mental/Inner Experiencing**

**(In Your Head)**

**ACT Matrix Worksheet**

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Six-Sense Awareness**

**(In-the-Moment)**

Away

**Me Noticing**

**(Awareness)**

**Acceptance and Willingness**

**The “Zone”**

**Committed Actions (The Controllable)**

**Important Stuff**

**Internal Distractions (The Uncontrollable)**

**Detrimental Actions (Including Avoidance)**

**Commitment**

**Inside Experiencing**

**(in your head)**

**Toward**