**The Process of Committed Action**

**Creating an Ever-Enlarging, Upward Spiral**



* *Dr Kingsley Mudd MBBS FRACGP*
1. **Choose a domain of life that is a high priority for change** (e.g. work, education, relationships, family, leisure & recreation, health, personal growth, spirituality, etc)
2. **Reflect & learn** from previous experiences in this area of your life.
3. **Clarify &/or review your values**
4. **Set SMART goals** (specific, meaningful, adaptive , realistic , time-framed)
* Immediate (next 24hrs)
* Short-term
* Medium term
* Long-term
1. **Take action** (then repeat from step 2)

*Remember : keep using your mindfulness skills to stay present and engaged at each step of the process !*

*Ref : “The Happiness Trap” and “ACT Made Simple” by Dr Russ Harris MD*

**Overcoming Obtacles**

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Life is bit like running a hurdles race ; we regularly encounter obstacles that need to be overcome if we are to create the kind of life we truly want.



*What barriers might prevent you from achieving your goals and how might you overcome these hurdles??*

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| ***Barriers*** | ***Strategies for overcoming barriers.*** |
| **Difficult Thoughts?** |  |
| **Difficult Feelings?** |  |
| **Lack of motivation?****(lack of clarity re values?)** |  |
| **Excessive or unrealistic goals?** |  |
| **Health problems?** |  |
| **Lack of time?** |  |
| **Financial or other material constraints?** |  |
| **Lack of skills?** |  |
| **Are their benefits in staying ‘stuck’ rather than moving forward?** |  |

*Ref : “The Happiness Trap” and “ACT Made Simple” by Dr Russ Harris MD*