

## Post-Workshop Action Plan

**The single most meaningful or vital moment at this workshop was:**

What this says about what I value is:

**Please reflect on your experience at this workshop.** 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 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: