

Valued Living

Healthy eating/drinking

Inner wisdom

Toward Moves

5 senses experiencing

Let it go that you ate
unhealthy late night.
Today is a new day

Give away unhealthy food in
house

When catch self eating
chips, stop and don't
continue

RESPOND

(Choose *above the line* responses w/ emotional courage)

Inner Obstacles

(Notice *below the line* reactions w/ self-reverence & shift up)

Away Moves

REACT

Self-criticism/comparing
Rumination/worry/obsession

Having a 3rd glass of wine

I've already messed up, so
what's the point in being good?

Ordering extra fries

Mental experiencing

Valued Living

Connection while single

Inner wisdom

Toward Moves

5 senses experiencing

Many others are craving connection too. I'm not alone.

Smile and chat with staff in stores and neighbors on street

Text someone you are thinking of them

RESPOND

(Choose *above the line* responses w/ emotional courage)

Inner Obstacles

(Notice *below the line* reactions w/ self-reverence & shift up)

Away Moves

REACT

Self-criticism/comparing
Rumination/worry/obsession

I'm behind my peers. Others aren't struggling with loneliness as much as me.

Staying home
Spending hours on Tiktok
Hanging with same 2 people

Mental experiencing