

Focus on what's important &
engage in what you're doing

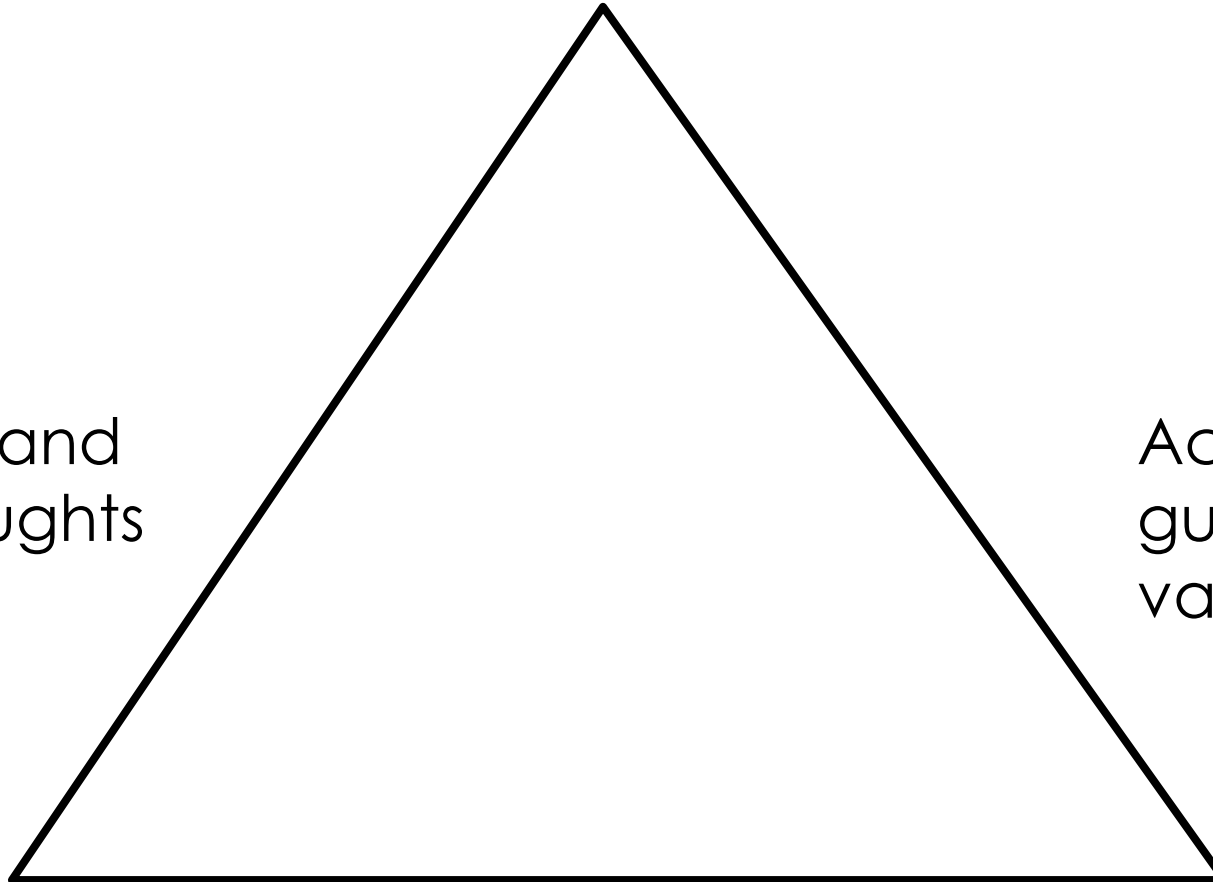
Be Present

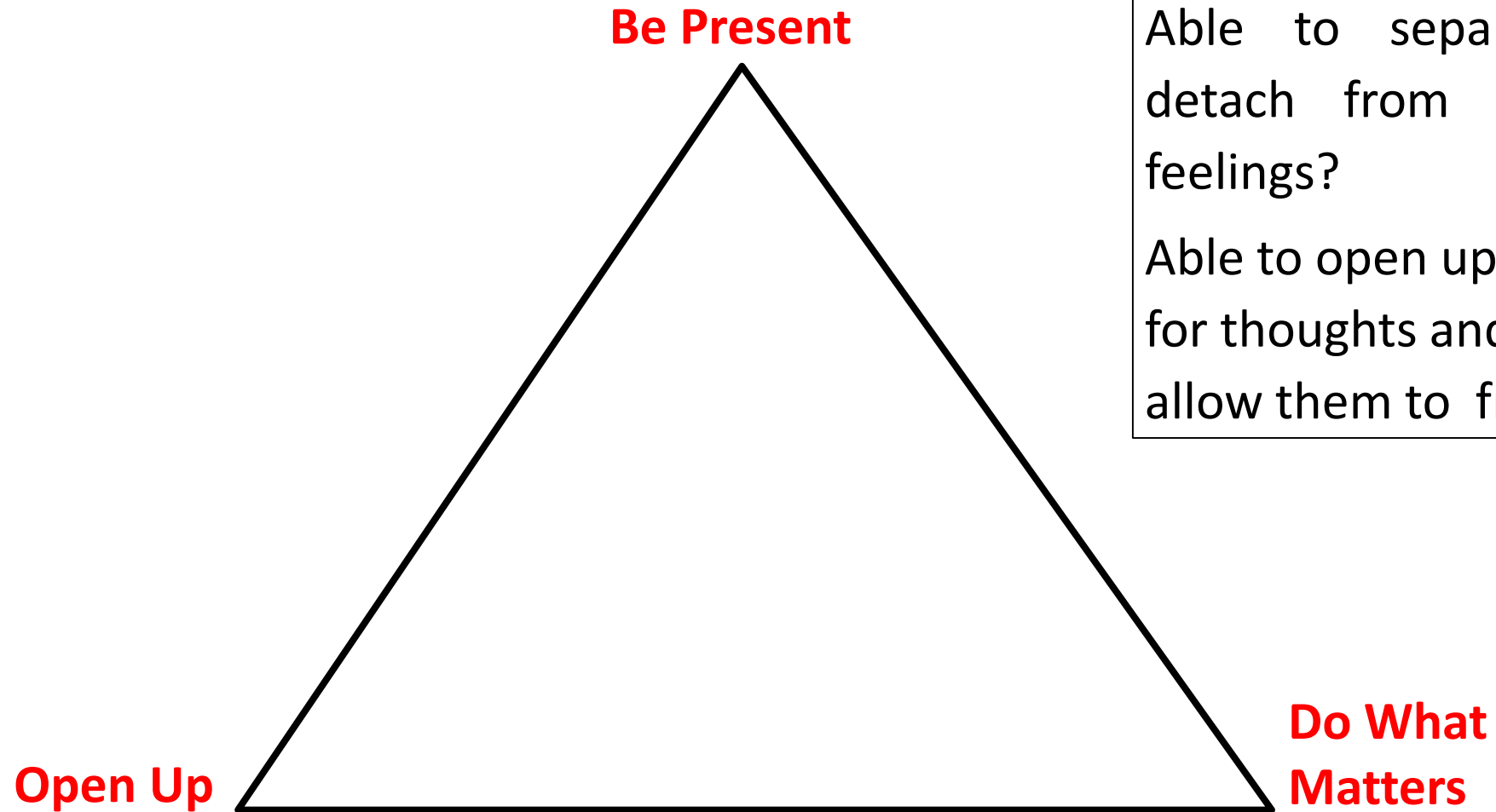
Acknowledge and
allow your thoughts
and feelings

Act effectively,
guided by your
values

Open Up

**Do What
Matters**

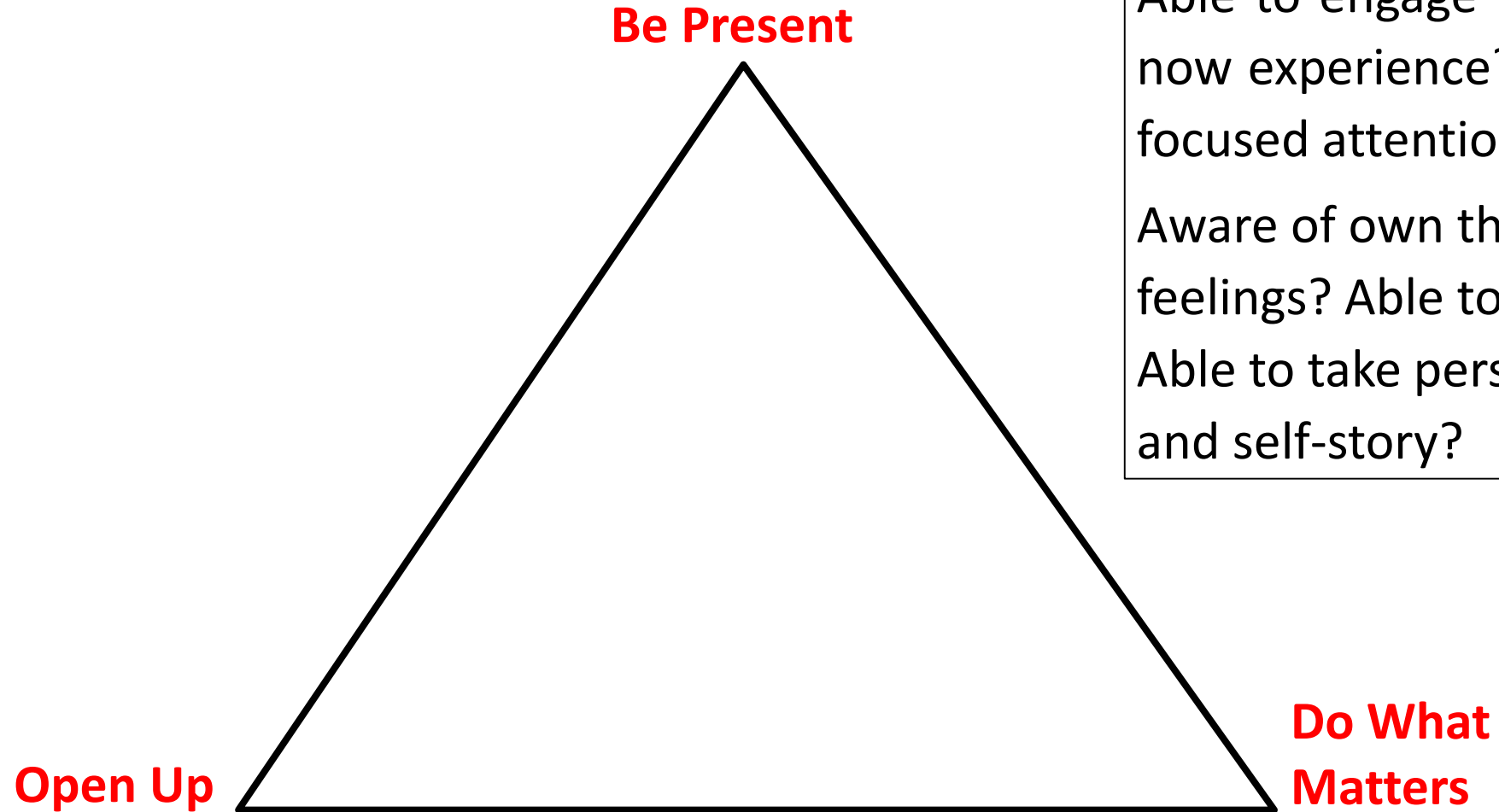




Opening Up

Able to separate, unhook, detach from thoughts and feelings?

Able to open up & make room for thoughts and feelings, and allow them to freely flow?

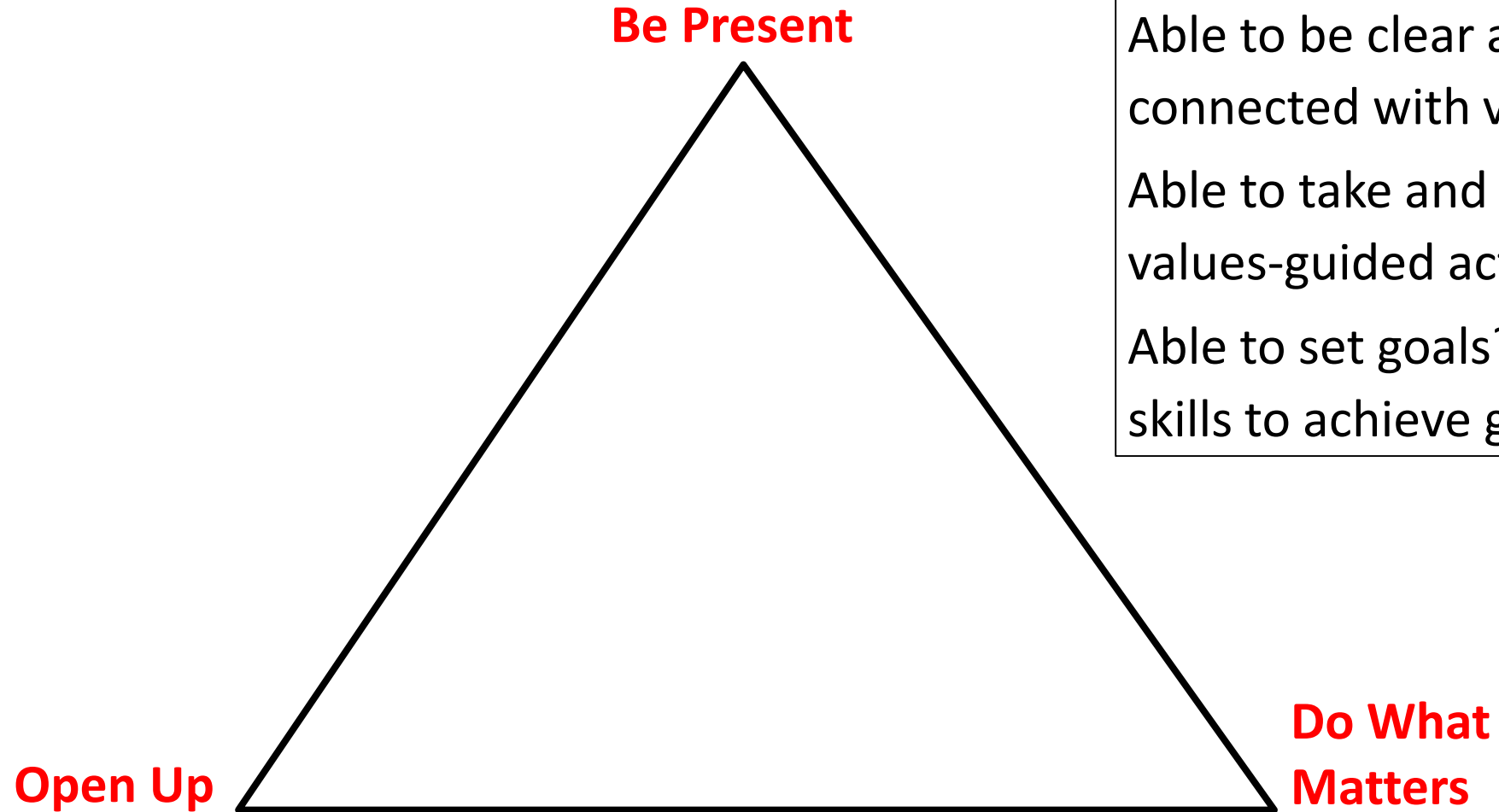


Being Present

Able to engage fully in here-and-now experience? Ability for task-focused attention?

Aware of own thoughts and feelings? Able to empathise?

Able to take perspective on self and self-story?



Doing What Matters

Able to be clear about & connected with values?

Able to take and sustain values-guided action?

Able to set goals? Sufficient skills to achieve goals? ?