

Session 6: Committed Action

Values and Goals Sheet

1. Identify a value that is important to you.
2. Choose a domain of life from the list below in which you plan to honour or express that value.
3. Set goals for each of the time frames in the list. Goals at different timeframes do not have to be logically connected although you will find they often are.

Life Domains

Family	Work/career	Education/study/learning
Health/fitness/wellbeing	Religion/spirituality	Intimate relationship
Community/society	Recreation/leisure	Friends
Mental/emotional wellness		

Value:

Domain:

Lifetime goal

10 year goal

3 year goal

1 year goal

1 month goal

1 week goal

What I need to do today

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FEAR VERSUS DARE

Overcoming F.E.A.R.

Let's assume you have clarified your values, and set yourself a goal – but you haven't followed through on it. What stopped you? The F.E.A.R. acronym covers most of the common barriers:

F = Fusion (stuff your mind tells you that gets in the way)

E = Excessive goals (your goal is too big, or you lack the skills, time, money, health or other resources)

A = Avoidance of discomfort (unwillingness to make room for the discomfort this challenge brings)

R = Remoteness from values (losing touch with, or forgetting, what is important or meaningful about this)

So now, in as few words as possible, write down everything that has stopped you following through:

- 1)
- 2)
- 3)
- 4)
- 5)

Now go back, and label each answer with one or two of the letters F, E, A, or R – whichever best describe this barrier. In other words, was it F = Fusion with a story (e.g. I'll fail; it's too hard; I'll do it later; I'm too weak; I can't do it); was it E = Excessive goal (you lacked the time, money, health, facilities, skills, or support necessary; or it was just too big and you got overwhelmed); was it A = Avoidance

of discomfort (you were unwilling to make room for the anxiety, frustration, fear of failure, or other uncomfortable thoughts and feelings); or was it R = remoteness from your values (you forgot or lost touch with the values underlying this goal)?

The antidote to F.E.A.R. is D.A.R.E.

D = Defusion

A = Acceptance of Discomfort

R = Realistic goals

E = Embracing values

Go through your barriers, one by one, and work out how you can deal with them, using D.A.R.E. Following are some suggestions:

Defusion strategies: Thank your mind, acknowledge 'Here's reason-giving' or 'Here's judging', milk, milk, milk exercise, or simply let the thoughts come and go like leaves on a stream

Acceptance strategies: name the feeling, observe it like a curious scientist, rate it on a scale of 1 to 10, commit to allowing it, breathe into it, make room for it, give it a shape and colour.

Realistic goal-setting: If you lack skills, set new goals around learning them; if your goal is too big, break it down into small chunks; if you lack resources, brainstorm how you can get them; if you lack time, what are you willing to give up in order to make time?; if the goal is truly impossible, e.g. due to health or financial issues, or external barriers over which you have no direct influence, then set a different one.

Embracing values: connect with what matters to you about this goal. Is it truly meaning-ful? Is it aligned with your values? Is it truly important? Is it moving your life forward in the direction you wish to go?

Write down how you can respond to the barriers listed above:

1)

2)

3)

4)

5)

Finally, ask yourself this question: am I willing to make room for the difficult thoughts and feelings that show up, without getting caught up in them or struggling with them, and take effective action, in order to do what matters, deep in my heart?

If so: go ahead and give it a go.

If not, consider these three questions:

Does this really and truly matter to you? If it does, then what is the cost to you of avoiding it or putting it off? Would you rather have the vitality-draining pain of staying stuck, or the life-enhancing pain of moving forward?

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The Willingness and Action Plan

My **goal** is to (be specific):

The **values** underlying my goal are:

The **actions** I will take to achieve that goal are (be specific):

The thoughts/memories, feelings, sensations, urges that may show up as barriers to achieving this goal:

- **Thoughts/memories:**
- **Feelings:**
- **Sensations:**
- **Urges:**

It would be useful to remind myself that:

If necessary, 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: