

Choosing exercise week 8

As humans we have the ability to choose our actions, in each given moment. Sometimes we need to make a choice not to act in a habitual way or not to respond in the way our mind tells us to first.

We can choose to behave in ways that are consistent with the things we value and the goals we want to achieve.

This exercise aims to help you practice making choices you might automatically make. For example picking up litter, walking the same route to work, and eating your lunch in the same place you always do.

Try and think about one thing you do that you could practice changing in a way that helps you move towards something you value, something meaningful to you.

| Situation (time/place) | What did your mind tell you to do/not do? | What did you choose to do? | What did you notice? |
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| Ex: <i>Eating dinner</i> | "Sit in your usual seat" | Sat in a different seat | I liked the view from the new seat |
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How did you find it?