



## Committed action, situations activity

Observe the things you do, acknowledge them and consider whether they are in line with your values and whether you want to change how you respond to them (or not)

Consider the situation you are in, what your mind told you to do, how you chose to respond (now that you have observed them happening) and what was the outcome?

Where were you? what happened? (time/place)	What did your mind tell you to do/not do?	What did you choose to do?	What did you notice?
E.g. 12:30pm I ate lunch at my desk	"stay inside, its too cold to go out. Work through lunch and get more done"	I took a short break to stretch my legs, get some fresh air and to eat my lunch in the staff room	I felt more refreshed in the afternoon as a result of taking a short break and I spoke to someone in the staff room which made me feel more connected to my colleagues