



Committed action, situations activity: **BOLD**

Practice using the BOLD techniques at home to help you maintain committed action to the things you want to do. Ask yourself what will you do when you experience a difficult situation?

Practice using the four steps of BOLD.

- **Breath:** take 3 breaths and connect with the present moment
- **Observe:** what is happening, what are you feeling, what are you telling yourself about it? Accept what is happening and make space for it. Don't fight it.
- **Listen:** to your values, what are they? What do you want to do?
- **Decide:** take action to do something you value.

When planning goals for committed action remember some will be short term and easily achievable, whilst other will be medium and long term and will therefore take longer to decide or reach.

In time plans and specific goals, to act in a way that is consistent with our values, won't need to be laid out so carefully, often situations will arise that we hadn't planned for that allow us to commit to valued action and it's through practice and thought that over time our values can trickle into our lives.