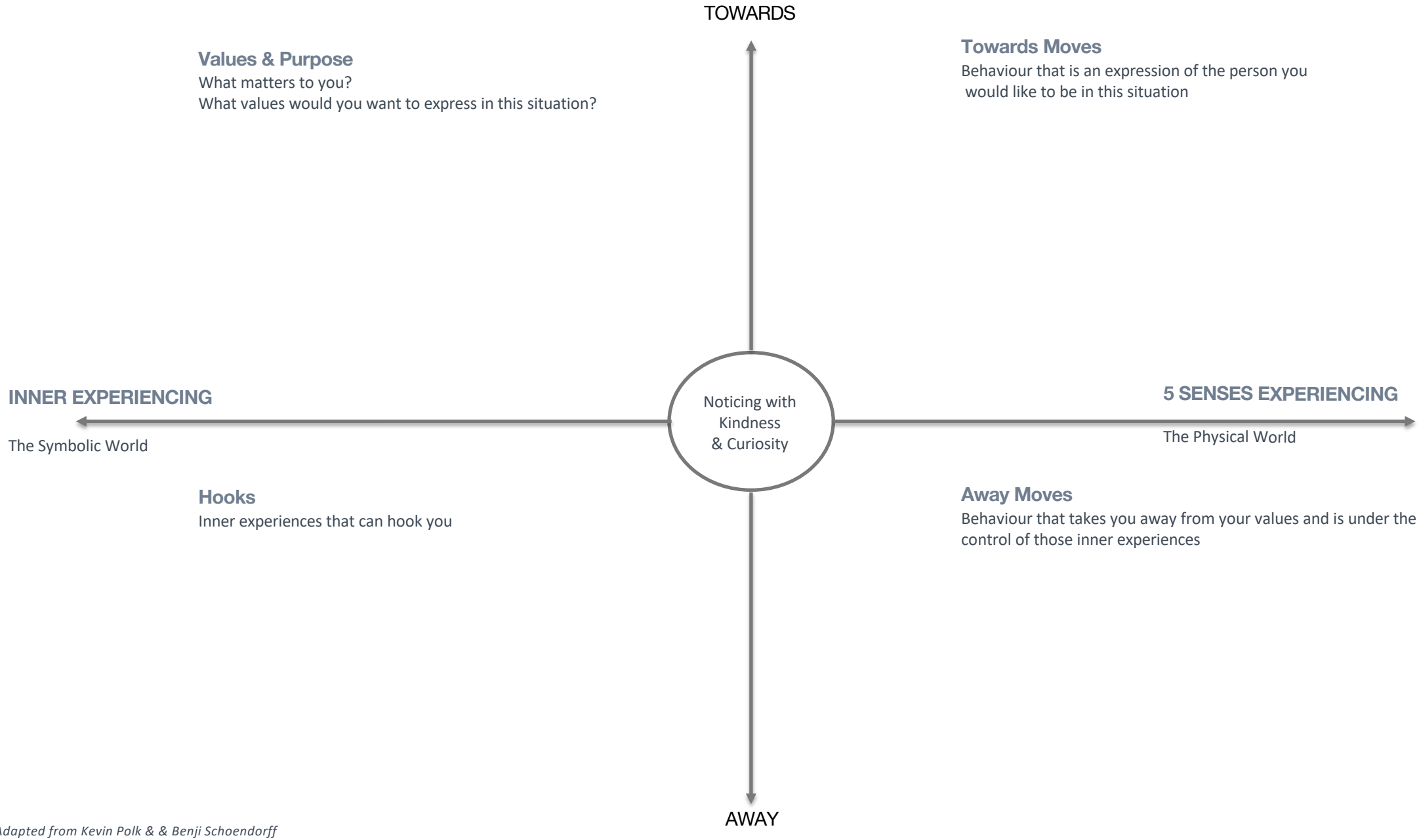

Adapted from Kevin Polk & & Benji Schoendorff

1. The specific situation (briefly)

TOWARDS

Values & Purpose

What matters to you?
What values would you want to express in this situation?

9. Who and what is important to you here?

10. What values would you like to express in this situation?

11. What overarching goals and purpose for your life are relevant for this moment?

Towards Moves

Behaviour that is an expression of the person you would like to be in this situation

6. What would you do if you were being the person you would like to be?

7. And when you take <u>those</u> actions, what is the impact:
- in the short term?
- in the long term?

INNER EXPERIENCING

The Symbolic World

Noticing with Kindness & Curiosity

5 SENSES EXPERIENCING

The Physical World

Hooks

Inner experiences that can hook you

2. In that moment, what is going on inside you?

3 What thoughts, memories, urges and feelings are present?

4. When these inner experiences hook you, how does that feel? (if possible, describe exactly how it feels in your body at that moment)

Away Moves

Behaviour that takes you away from your values and is under the control of those inner experiences

5. When you get hooked by those inner experiences, what do you tend to do next?

6. And what is the impact of those behaviours
- in the short term?
- in the long term?

AWAY

1. The specific situation (briefly)
On Instagram instead of doing invoicing

TOWARDS

Values & Purpose

What matters to you?
What values would you want to express in this situation?

9. Who and what is important to you here?
My family, my health, my garden
10. What values would you like to express in this situation?
Curiosity, love, connection, appreciation of beauty
11. What overarching goals and purpose for your life are relevant for this moment?
Creating a beautiful garden
Nurturing loving relationships with my family
Running my business efficiently so I provide a genuinely useful service to my clients and earn money by doing work that matters to me

Towards Moves

Behaviour that is an expression of the person you would like to be in this situation

7. What would you do if you were being the person you would like to be?
just go on Instagram at weekends
If I need a break from work – go into the garden and potter around or call a loved one or do some stretchs
Set myself a timer for 45mins to do the boring work tasks
8. And when you take <u>those</u> actions, what is the impact:
- in the short term?
Less tense and stiff in my shoulders and spine, Get stuff done, Feel the joy of connection and beauty
- in the long term?
Express my purpose more often

INNER EXPERIENCING

The Symbolic World

Noticing with Kindness & Curiosity

5 SENSES EXPERIENCING

The Physical World

Hooks

Inner experiences that can hook you

2. In that moment, what is going on inside you?
Whilst on Instagram – Zoned out, feeling a bit envious of other people's gardens (I follow a lot of gardeners on Instagram!); thinking about what I can do to make my garden as nice as theirs, enjoying seeing photos of my family

3. What thoughts, memories, urges and feelings are present?
Just before I go on Instagram - I don't want to do the invoicing, it is boring, I will just have a quick look on Instagram
Whilst on Instagram – I'll just look at a few more, 'I wonder if I can get that plant in Brisbane?" 'Helen looks well'

4. When these inner experiences hook you, how does that feel?
(Describe exactly how that feels in your body)
Hard to remember this – I am so Zoned out, not in my body. When I stop I often feel tense in my shoulders,. Holding myself too still

Away Moves

Behaviour that takes you away from your values and is under the control of those inner experiences

5. When you get hooked by those inner experiences, what do you tend to do next?
Forget the time – just keep scrolling and liking

6. And what is the impact of those behaviours
- in the short term?
I don't get the invoicing done, I get sore shoulders and stiff spine from sitting too still
- in the long term?
Don't move enough, too much time sitting hunched over phone
Whilst I am looking at gardens I am not doing the gardening
Whilst I am looking at photos of my sister I am not calling her
The 'boring' jobs –like invoicing – pile up

AWAY