

# **WEEK 7: LIVING WELL THROUGH WISE ACTION**

## MTPC PATIENT WORKBOOK WEEK 7:

### LIVING WELL THROUGH WISE ACTION

#### Home Practice:

##### Formal Practice:

- Experiment with formal meditation practice with less instruction for a set time period. Use your own inner wisdom to create what you think is most skillful for you. You can always return to the guided recordings if this feels skillful. Two possible suggestions:
  - Open awareness practice with less instruction: Set timer for 30 or 45 minutes and practice sitting meditation, starting with sounds or breath, proceeding to open awareness, and skillfully returning to breathing as an anchor whenever needed. (*Encouraging participants to begin to use their own wisdom to navigate what arises*).
  - Open Mind meditation: If open awareness practice with less instruction is overly difficult or unsettling, then try the open mind practice recording for 1-2 days, and then return to trying open awareness practice with less instruction.
- Consider following with 10 minutes of kindness or compassion practice for self & others

##### Informal Practice:

- Practice at least 1 informal practice each day
- Focus on starting action plan goal
- Urge surfing with STOP ACHE GO – Opening to change, life's beauty and its challenges

#### Handouts:

Creating My Action Plan  
Interpersonal Mindfulness

#### Poem:

#### Autobiography in Five Short Chapters - Portia Nelson

*I.*

I walk down the street.  
There is a deep hole in the sidewalk  
I fall in.  
I am lost ... I am helpless.  
It isn't my fault.  
It takes me forever to find a way out.

*II.*

I walk down the same street.  
There is a deep hole in the sidewalk.  
I pretend I don't see it.  
I fall in again.  
I can't believe I am in the same place  
but, it isn't my fault.  
It still takes a long time to get out.

*III.*

I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it is there.  
I still fall in ... it's a habit.  
my eyes are open  
I know where I am.  
It is my fault.  
I get out immediately.

*IV.*

I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.

*V.*

I walk down another street.

## CREATING MY ACTION PLAN

Take a moment to check in with your body. While keeping awareness in the body and staying open to your own unique inner wisdom, imagine yourself Living Well and experiencing more joy, energy, and health in your life. Reflect on which aspect of your regular behaviors and habits related to *consumption*, *inactivity*, and/or *inattention* might be most important to change for you to reach that goal.

### What is an action plan?

An action plan is a short-term behavior goal for the near future that gets you started with making a change that will help you with Living Well in your life. Try to focus on an action plan goal that you can work on for the next 3 weeks. Be realistic about what you feel confident you can accomplish. For example, "This week I will walk around the block before lunch on Mon, Tues, & Thurs;" or "This week I will only eat 1 scoop of ice cream every night instead of 2;" or "I will practice mindfulness meditation 20 minutes a day for at least 6 out of 7 days for the next 3 weeks."

You are encouraged to share this completed worksheet with a person in your life who may support you in accomplishing your goal and to an upcoming visit with a healthcare provider if helpful.

**My Core Values:**

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**My Intention/Aspiration/Goal:**

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**My Strengths and how they can help me follow through:**

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**People who can support me:** \_\_\_\_\_

#### Reminders for Setting Goals

Specific  
Measurable  
Attainable  
Relevant  
Time-Bound

### My Specific Action Plan

Category (choose one):

- Activity Level/Exercise
- Diet/Eating/Drinking
- Mindfulness Practice
- Other \_\_\_\_\_

What Behavior? \_\_\_\_\_ How is it measurable? \_\_\_\_\_

Is it realistic and attainable? If No, start again ☹—over-committing can be unskillful.

Is it relevant to your long-term aspiration and intention? If No, start again ☹

How often and by when will it be completed?

\_\_\_\_\_  
My Confidence Level from 0-10 that I can do it this week:

\_\_\_\_\_  
What could I do to get over barriers and increase my confidence to a 10/10?

**MY ACTION PLAN IS:**

\_\_\_\_\_  
**My Plan for Lapses** (a *lapse* is a brief or temporary loss of focus, judgment, or commitment):

- Potential barriers or cues that could trigger a lapse:  
\_\_\_\_\_
- Ways to overcome any potential barriers to my goal:  
\_\_\_\_\_
- A kind way to respond to a lapse when it happens:  
\_\_\_\_\_
- Questions for my support person or healthcare provider:  
\_\_\_\_\_

## INTERPERSONAL MINDFULNESS

### Introduction

The purpose of this exercise is to practice being aware and present while in relationship with another person. It will give you a chance to notice what arises in you as you are the speaker and as you are the listener.

### Guidelines for Speaking in Interpersonal Communication

- Pause
- Relax
- Open to experience
- Trust what emerges
- Listen deeply to what arises
- Speak your truth

Adapted from Kramer (2007).

### Interpersonal Mindfulness with 1 Partner

Find a partner that you can practice speaking freely with. Each of you will have a turn speaking while your partner listens without judgment, with kindness and knowledge that as humans we all struggle with managing some behaviors. Listen in a flexible and accepting way without offering any advice or speaking.

Decide who will speak first and who will listen.

Speaker: Describe a path that you have been walking down that you would like to change. Note how you can stop doing it and share an alternative path you can walk down instead and how you can keep doing it.

The speaker will have 2 minutes to talk without interruption. Both partners pause. And then the listener can reflect back what was heard without interruption (for 1 minutes). Both pause to let this information settle, and then take 2 minutes to speak together. Then switch so the speaker becomes the listener and vice versa.

### Outline

- Speaker (2 min)
- Listener reflection (1 min)
- Talk together (2 min)
- Switch roles and repeat