

## WORKSHEET: ACCEPTANCE AND WILLINGNESS

Your name: \_\_\_\_\_

*\*\*\*Remember to maintain an attitude of friendly curiosity\*\*\**

<b>Day &amp; time</b>	<b>In the service of these values and goals:</b>	<b>I practised mindful acceptance of these thoughts and feelings:</b>	<b>Willingness to do these behaviours or activities:</b>