

## WEEK 1

1. PREMISE / AGENDA
2. Experiential Avoidance
3. Defusion - Dis-Entangling
4. The Present moment
5. Acceptance
6. The Observing Self
7. WHAT IS A VALUE
8. REVIEW

## WEEK 2

9. MOUNTAIN AND THE MUD
10. BIRTH
11. HITTING ROCK BOTTOM
12. THE TAROT
13. WHAT CAN WE LEARN FROM NATURE
14. THE POWER OF CHANGE
15. REVIEW

## WEEK 3

16. Values and their Meaning
17. Domains of Life
18. Smart Goals
19. Coping
20. Benefits of Values
21. Self Compassion
22. SUNDAY REVIEW

## WEEK 4

23. More Values Categories
24. Making Life Changes
25. Psychological Flexibility
26. Resilience / Self-Motivation
27. Self-Care
28. HAPPINESS
29. REVIEW

## Look what we learned!

*Thank you for joining me...,  
Barbra*

