



Observe

- › Pay attention to events, emotions, and thoughts
- › Try not to terminate them when they are painful
- › Try not to prolong them when they are pleasant
- › Allow yourself to experience with awareness

Describe

- › Describe events, label emotions, and identify thoughts
- › Try not to take emotions and thoughts as accurate and exact reflections of events
- › List "just the facts" - No need to label or judge

Participate

- › Enter completely into the activity of the moment
- › Try not to be self-conscious
- › Be spontaneous and give attention to the activity

Practice

Please note below at least two examples of how you practiced the *Observe* skill. Explain what you observed and how it feels to become more aware of life.

Please note below at least two examples of how you practiced the *Describe* skill (put words on the experience, label what you observe, unglue from your opinions and state the facts) Explain where you were and what was happening. Then explain how it feels to become more aware of life.

Please note below at least two examples of how you practiced the *Participate* skill (throw yourself completely into activities of the current moment, become one with whatever you are doing, go with the flow) Describe the situation wherein you decided to participate fully. Next, explain how it feels to become more aware of life.

Describe how you believe these skills (with practice) will help you live your life more effectively.
