

## A13. Key Messages Cards

Open		
Passengers on the Bus Exercise	Committed Actions	Pushing Against the Folder Exercise
Having vs. Buying into Thoughts Exercise	Sticky Labels Exercise	

Aware		
Mindfulness of Breath and Body Exercise	Mindful Stretch Exercise	Mindful Eating Exercise
Three-Minute Breathing Space Exercise	Leaves on the Stream Exercise	Mindful Walking Exercise
Clouds in the Sky Exercise	Videos of Paul and George	Weekly Telephone Call from Facilitator
Having vs. Buying into Thoughts Exercise	Noticing Others' Values Exercise	

<b>Active</b>		
Coming to the Workshops	Choosing Valued Directions	SMART Goals
Committed Action	Having vs. Buying into Thoughts Exercise	Passengers on the Bus Exercise