

Flourishing/Fully Alive: being aware and responding based on our values rather than reacting:

1. I am aware and notice and accept “what is”: my thoughts and feelings and people and situations.
2. Let it be/be with it: I notice my reaction (attraction/aversion) and do not allow myself to get hooked by over-attraction or over-aversion (I am willing to let go.).
3. I notice I am peaceful as I become aware that by not getting hooked by over-reacting, I am “in the flow of life”. I ask and listen “What does my wisdom help me discern about my reactivity and the choices I have?”
4. Being Grounded, Centered, and Balanced, I can live a vital and meaningful life:
 - Vision: What is truly important to me? Who do I aspire to be? How do I want to live my life?
 - Decision: “I fully commit to becoming the person I aspire to be and living the life I aspire to live.”
 - Action: One moment at a time, I take pragmatic-ethical-value based actions to be the person I aspire to be and live the life I aspire to live.

~Influenced by core principles of Steven Hayes’ Acceptance and Commitment Therapy, Stephen Batchelor’s interpretation of the secular dharma, William James’ philosophy of Pragmatism, Antonio Damasio’s description of the evolution of human consciousness, Viktor Frankl’s Logotherapy, and Jon Kabat-Zinn’s articulation of skills for maintaining health.

Tom Lavin MFT, LCADC, Psychotherapist, Clinical Faculty, University of Nevada School of Medicine, Psychiatry and Behavioral Sciences