

We all have innate wisdom. We *feel* based on lived experience and the meaning we assign to experiences.

This activity will demonstrate your inner confidence. This activity requires that you observe your internal preferences without judgement in order to know yourself better. Looking inward allows *self* to know *self*.

Living What We Believe

Our Patterns of Action & Follow-Through

Instructions: Together, we reflect on each statement and consider how often it describes your current experience.

0 = Rarely 1 = Sometimes 2 = Often 3 = Almost Always

The goal is not to judge ourselves.

The goal is to discover which capacities are ready to grow.



Healing Justice Counseling Center
& Clinical Training Site

Beginning

- ☐ We know what we want to do but struggle to begin.
- ☐ We wait until pressure creates momentum.
- ☐ We spend more time preparing than starting.
- ☐ We avoid meaningful work because it feels overwhelming.

Reflection: **What helps me begin?**

Following Through

- ☐ We begin projects more easily than we complete them.
- ☐ We lose momentum after the initial excitement fades.
- ☐ We are drawn toward new ideas before finishing current commitments.
- ☐ We underestimate the time or energy a task requires.

Reflection: **What helps me stay committed?**

Organization

- ☐ We lose track of important information.
- ☐ Our physical or digital environments create unnecessary stress.
- ☐ We struggle to maintain systems that support us.
- ☐ We spend valuable time searching for things we already have.

Reflection: **Which systems are already serving me well?**

Time & Energy

- ☐ We overcommit ourselves.
- ☐ We underestimate the energy required for our commitments.
- ☐ We struggle to protect time for what matters most.
- ☐ Our calendars do not consistently reflect our priorities.

Reflection: **Where does my time naturally flow?**

Emotional Regulation

- ☐ Strong emotions interrupt our ability to think clearly.
- ☐ We become discouraged more quickly than we would like.
- ☐ We avoid difficult conversations.
- ☐ Stress makes it harder to stay organized or focused.

Reflection: **What helps me return to center?**

Decision-Making

- ☐ We overthink decisions.
- ☐ We postpone decisions hoping they become easier.
- ☐ We second-guess ourselves.
- ☐ We wait for certainty before taking action.

Reflection: **When do I make my clearest decisions?**

Attention

- ☐ We become distracted easily.
- ☐ We move between tasks without completing them.
- ☐ We struggle to remain fully present.
- ☐ We lose track of conversations, ideas, or instructions.

Reflection: **Which environments help me focus?**

Congruence = Self-accountable

- ☐ Our habits represent the person we are becoming.
- ☐ Our calendars reflect what we truly value.
- ☐ Our relationships receive the time and attention they deserve.
- ☐ Our daily choices move us toward real fulfillment.
- ☐ We trust ourselves to follow through on meaningful commitments.

Reflection:

Where am I most aligned in my self-image?

Where am I being invited to grow in care of my self-image?

Looking Inward Together

Instead of asking,

"What's wrong with me?"

We ask,

- Where do I naturally thrive?
- Which executive function skills already support me?
- Which capacities are asking for intentional practice?
- What systems could make my next right choice easier?
- What habit would better represent one of my deepest values?

Our Next Practice

Transformation rarely requires changing everything.

It begins with one intentional practice.

What is your focus for this week:

- | | |
|--|--|
| ☐ Beginning sooner | ☐ Protecting time |
| ☐ Following through | ☐ Setting boundaries |
| ☐ Planning | ☐ Asking for support |
| ☐ Organizing | ☐ Resting intentionally |
| ☐ Managing emotions | ☐ Celebrating progress |

Reflection: **The values this practice represents:**

The Brave Next Step

Executive function is more than a collection of cognitive skills.

It is the practice of becoming increasingly **congruent** in actions, planning, and self-accountability.

As our capacity to plan, regulate, organize, and follow through grows, our lives begin to tell a more consistent story. A story we are proud to be the lead character in!

Self reflection becomes an opportunity:

- If someone observed my life for one month, what would they conclude I truly value?
- What evidence would they use to reach that conclusion?
- Do my daily habits support the person I say I want to become?
- What promises do I consistently keep to myself? Which ones do I repeatedly abandon?
- Where does my calendar reveal priorities that my words do not?
- What emotions most often make my decisions for me?
- When I avoid something important, what am I protecting?
- What discomfort have I mistaken for danger?
- What recurring challenge in my life keeps asking me to learn the same lesson?
- Where am I waiting for motivation instead of practicing commitment?
- If I loved myself deeply, what would I stop tolerating?
- If I trusted myself completely, what would I begin today?
- Which relationships encourage me to become more authentic? Which ones encourage me to perform?
- What patterns would my closest relationships say they experience most consistently from me?
- Am I building a life that reflects my deepest values, or one that protects me from my deepest fears?
- What part of my story am I ready to rewrite through different choices rather than different explanations?
- If my future self thanked me five years from now, what decision would they be thanking me for?
- What would integrity look like in this season of my life?
- What would courage look like if no one ever applauded it?
- What is one small choice I can make today that my future self will recognize as progress?

When our habits begin to represent our values, our intentions become visible. Our relationships become more aligned with who we are becoming, and our fullness becomes something we no longer describe—it becomes something we embody, together.

These questions are not meant to expose your shortcomings. They are invitations to observe the relationship between your intentions and your lived experience. Lasting change begins not with self-judgment, but with the courage to see yourself clearly and the willingness to choose differently where it matters most.