Turning the Mind, Willingness, Willfulness

Due Date:	Name:		vveek Starting:
		•	ality as it is before and after: from 0 (no bu tried specifically under the rating.
Turning the Mind: Acceptance Before: After:			
OBSERVE not	accepting. What did you	ı observe? What	were you having trouble accepting?
MAKE AN INN	IER COMMITMENT to a	ccept what feels	unacceptable. How did you do this?
Describe your l	PLAN FOR CATCHING	YOURSELF the	next time you drift from acceptance.
WILLINGNESS (rate 0-5): Acceptance Before: After: Willfulness Before: After:			
Describe EFFE	CTIVE BEHAVIOR you	did to move forw	ard toward a goal.
NOTICE WILLFULNESS. Describe how you are not participating effectively in the world as it is, or how you are not doing something you know needs to be done to move toward a goal.			
Describe how you PRACTICED RADICALLY ACCEPTING YOUR WILLFULNESS.			
MAKE AN INNER COMMITMENT to accept what feels unacceptable. How did you do this?			
Describe what you did that was WILLING .			

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