

Committed Action — Creating The Life You Want To Live

Created in collaboration with licensed clinical psychologist, Dr. Diana Hill

Insight is powerful, but it's action that builds the life you want to live. Even small steps—taken consistently and with heart—can lead you somewhere meaningful.

In ACT, Committed Action means taking steps toward what matters most to you, even when it's hard. It's not about being perfect. It's about moving in the direction of your values with courage, flexibility, and care.

ACT Definition: Committed Action

Committed action is values-based behavior that you engage in deliberately, persistently, and flexibly. It's not just goal-setting—it's showing up for what matters, again and again, especially when challenges arise.

Examples Of Cognitive Defusion In Practice:



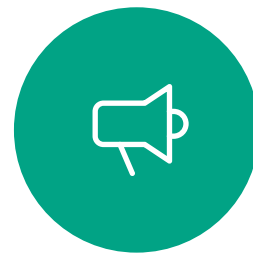
Going for a walk to support your health, even when you're tired



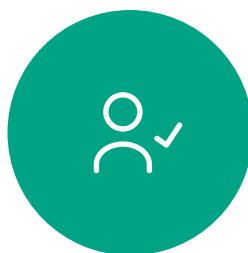
Saying "I'm sorry" to repair a relationship, even if it's uncomfortable



Turning off distractions to be more present with your kids



Advocating for your needs, even if your voice shakes



Showing up to therapy or journaling even when you "don't feel like it"

Journal Practice:

Use your Insight Timer Journal to reflect on the following:

- What values do you want to live out more fully?
- What's one small action you could take today that reflects that value?
- What might get in the way? (Self-doubt, discomfort, busyness?)
- What kind, flexible response can you offer yourself when those obstacles show up?

Insight Timer Practice:



[How To Change And Grow Stronger](#)



[Identify Your Burnout Habit Loops With Dr. Judson Brewer](#)

ACT Daily Practice:

Choose one value you care about deeply (e.g., connection, integrity, growth)

1. Write it on a sticky note or in your calendar
2. Take one small action today that honors that value
3. Reinforce yourself by being present with the good feeling of commitment and courage
4. At day's end, ask: How did that feel? What did I learn from showing up for what matters?

Remember: Every small action I take in the direction of my values creates the life I want to live.