FIRST EDITION / $5 USD

The Art of Noticing Yourself

Part III

Recognize Needs, Live Your Values

A 200-page guided workbook for explore preferences, practical needs, values, and personal limits through ordinary decisions.

24 chapters / Lessons, worked examples, practical experiments, and written reflection

The third volume in the five-part series.

START HERE

How to use this workbook

Read one chapter at a time. Each chapter occupies eight pages and moves from a lesson to a worked example, a personal observation, an experiment, a busy-day plan, an observation record, a review, and a transfer exercise.

Use the writing space to turn an idea into a decision. You can type answers in a separate document or print selected pages. The PDF is a write-in workbook with open response areas.

Choose one active experiment at a time. Other chapters can help you understand your plan without becoming additional daily assignments.

Examples are fictional teaching scenarios. The exercises support personal reflection and everyday planning. They are not clinical assessment or treatment.

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BEFORE CHAPTER ONE

Your starting point

Before choosing a change, describe the season you are in. Include commitments, available time, and one pattern or decision you would like to understand.

What would make the next month more workable?

CHAPTER 01 / UNDERSTAND

Observe a value behind a choice

Begin by noticing your own experience in a specific situation. Values help you decide among competing good things. Select a few qualities you want to express in the current season and connect each to an action. An impressive list is less useful than a small set you can recognize in daily decisions. Before choosing a change, separate what you observed from what you assumed.

Values are directions you revisit. A single action cannot prove your worth or settle your identity.

What quality did your choice express, and which competing demand did you notice?

CHAPTER 01 / OBSERVE

Follow a worked example

Lina values care and curiosity. This month care means one unhurried family meal each week. Curiosity means reading two pages before opening entertainment apps. For your own record, identify the event, the interpretation, and the part of the response the person could choose.

Identify the starting situation, the change the person chooses, and the observation that could help them review it.

Which part of this example fits your situation, and which part needs changing?

CHAPTER 01 / AUDIT

Describe your current pattern

Use a recent real occasion. Record where you were, what happened just before the behavior, what you did, and what happened afterward. Separate what you observed from what you assumed.

Connect this observation to the chapter topic.

Observe a value behind a choice

Describe one occasion and the practical consequence.

CHAPTER 01 / ACT

Try one small experiment

Observe before acting. List six qualities you care about. Choose two for the next month. Define a small visible expression of each. Record one detail about your own experience before the action and one observed result afterward.

Write a start cue, an action, a visible endpoint, and the next opportunity to try it. Check that you have the time, materials, and access required.

My experiment and the observation I will collect

CHAPTER 01 / ADAPT

Prepare for a difficult day

Values are directions you revisit. A single action cannot prove your worth or settle your identity.

Name a likely obstacle for this particular experiment. Choose a smaller useful version or a different opportunity. Include an explicit pause option when the context requires one.

If this obstacle happens, what will I do, and when will I review the plan?

CHAPTER 01 / NOTICE

Record what actually happened

Use this page after a real attempt. Record the date, whether the planned opportunity occurred, the action you took, and the result. Use completed, adapted, paused, or missed as a description.

Record at least one contextual detail that could explain the result. Include what helped as well as what got in the way.

Date / opportunity / action / observed result / context

CHAPTER 01 / REVIEW

Choose the next adjustment

What quality did your choice express, and which competing demand did you notice?

Compare your plan with your record. Identify a specific observation that supports keeping, reducing, moving, or replacing the action. Change one element so the next attempt remains interpretable.

Evidence, decision, next action, and review date

CHAPTER 01 / TRANSFER

Carry the lesson forward

Choose a second situation where this chapter could help. Identify what stays useful and what changes with the new context. Keep this as a future possibility until you have capacity to test it.

Return to the worked example if you need a concrete model.

Lina values care and curiosity. This month care means one unhurried family meal each week. Curiosity means reading two pages before opening entertainment apps. For your own record, identify the event, the interpretation, and the part of the response the person could choose.

A second situation, the necessary adaptation, and a realistic next opportunity