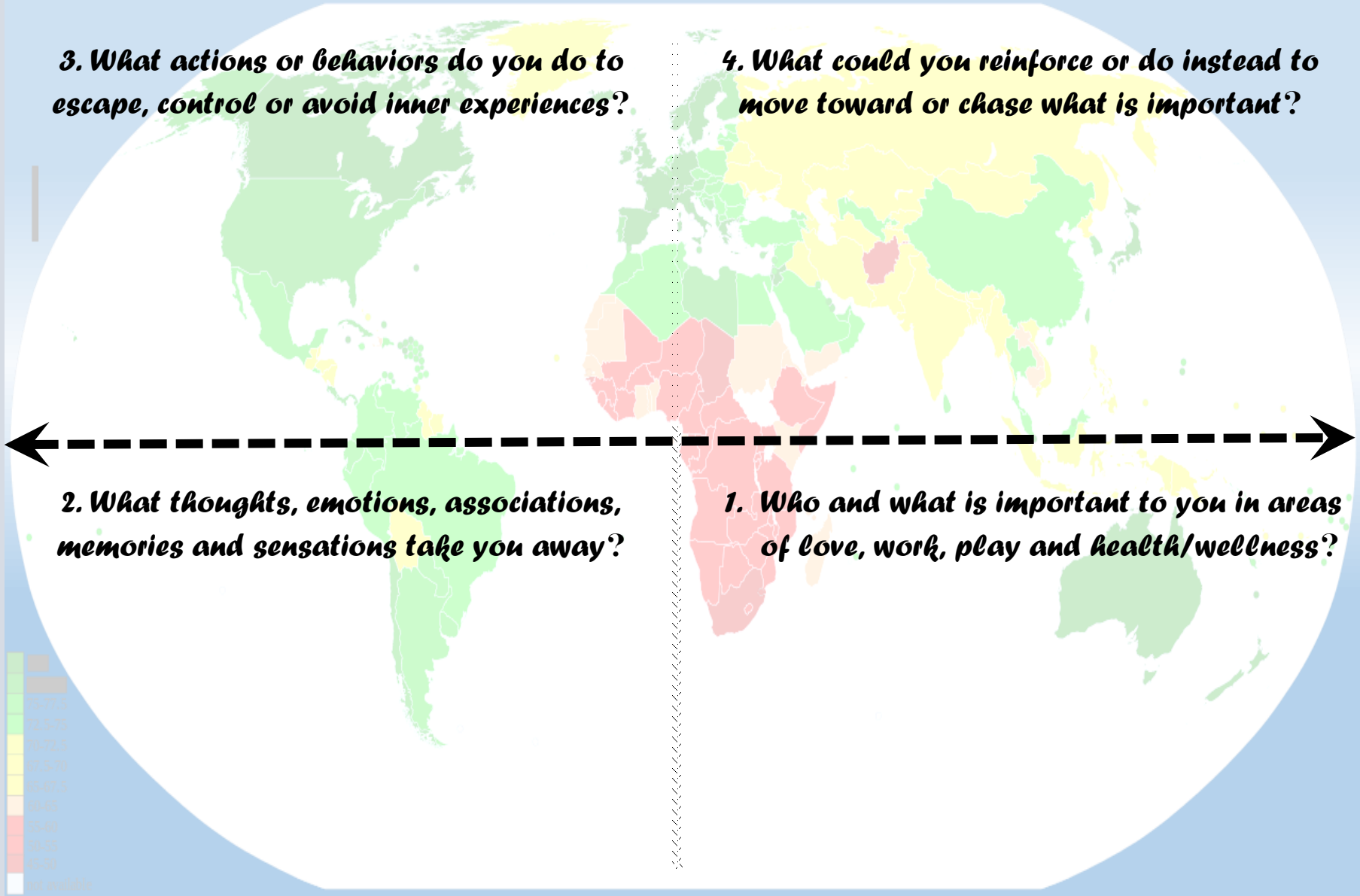


# My Life Map

AWAY

TOWARD



(A=accept, C=choose/commit, T=take action)

Adapted by Daryl Handlin, LCSW from Kevin Polk's "ACT Matrix" and The Zen Social Worker's "Life Map" 10/18/2021