

Buddy Agenda Between Session 3 and 4 - #2

You'll need your notebook, your AFI Tracker and this [sheet](#).



The steps below may take more time than suggested. Just get as far as you can!

I. Check-in with your Buddy (5 minutes)

- Possible prompt: "How have you been since the last VPM session?"

II. Take stock of an AFI (8 minutes)

Goal of this section: tracking our progress can be a powerful tool in making changes. It has the potential to keep us in reality and even motivate us if we're making some progress. Try it and if this tool doesn't work for you, let your coach know.

- 3 min • Do your accounting

In the first box, write "{Today's date}." In boxes 2 and 3, make a tally to reflect the number of times you engaged in your AFI. It may be helpful to review your calendar since the last time you "did your accounting" in order to refresh your memory.

- 4 min • Share with your Buddy (2 minutes each)
 - Share your reflection and how your experience has been so far
 - Be honest, any result is okay. This is not about perfection, but about moving in the direction of what you want. If the result is encouraging, celebrate. If the result isn't, reconfirm your commitment. It might be something worth bringing up in your coaching. Either way, use each other as accountability partners as you will check in next time.

II. Take stock of your Never Again (7 minutes)

Goal of this section: Stay connected to your Never Again and make it useful for you.

- 3 min • Think about your Never Again
 - Have you thought about your Never Again during the past few weeks? Have you used it in particular situations to disrupt your counterproductive behavior?
 - How has it felt to have your Never Again as an anchor in those moments?
 - Have there been any moments when you've forgotten to bring it to mind?
 - Note: This is an opportunity to see if and how you can use your Never Again as a disrupter going forward. Ask yourself, "Did I not use it because I didn't think of it?" Or, "Does my Never Again need to be adjusted to make it a more helpful disrupter?"
- 4 min • Share your reflections with your buddy (2 minutes each)
 - In particular how your experience using your Never Again has been so far.

III. Practicing ATS Goal Setting (20 minutes)

Goal of this section: Let's practice defining ATS Goals. Sometimes this process is easy and sometimes it can be quite challenging.

- 2 min • Select 2 “moments”
 - Think about the time between now and our next LaL Session (Jun 29-30). Select 2 “moments” (ie. meetings, interactions, working on a project, etc) that will occur during that time.
 - Don't hesitate to look at your calendar to jog your memory.
- 10 min • Clarify your ATS Goal for each “moment”
 - Use one [“Unpacking my motivators to set an ATS Goal”](#) sheet per moment.
- 8 min • Share with your Buddy (4 minutes each) - Help each other:
 - *Ask your buddy for advice if you are struggling with the Goal Setting process.*
 - *Only you can know whether a goal is an ATS or ATM Goal. That said, imagine you're in your partner's shoes. Support each other to see the ways in which a goal could put you in a place of being ATM instead of ATS.*

IV. Learning Goal Awareness (15 minutes)

Goal of this section: By looking back at 2 recent moments, you can explore how the goals you set influenced you at the time. Since you can't change what has already happened, this exercise is just meant to help slowly build awareness of how different types of goals can guide us at different moments.

- 2 min • Select 2 “moments”
 - Think back at the last couple of weeks. Select 2 “moments” (ie. meetings, interactions, working on a project, etc). Refer to your calendar to jog your memory.
- 4 min • Brainstorm Goals
 - Looking back at each “moment,” list goals that you had at the time. These may have been conscious or unconscious goals.
- 7 min • Develop your Goal awareness muscle
 - For each moment, which Goal made you feel ATS, ATM, or somewhere in between. For these mixed goals, dig deeper to see what ATS and ATM are behind it.
- 6 min • Share with your Buddy (3 minutes each)
 - *Help each other: You can make suggestions of what would have been your goals were you in your partner's shoes.*

IV. Check-out with your buddy (5 minutes)

- 5 min • How are you feeling about the content of this call? Any takeaways?