

# Moments of Action

Exercises for building awareness at the points where decisions actually happen

Every lasting change is made up of small moments — tiny forks in the road where you go one way or another. This chapter's exercises train you to see those moments more clearly, and to work more skillfully with the inner states that shape them.

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## Exercise 1

### Choice Point Awareness

For the next two days, track the brief moments where you have to choose between two options — working out or watching TV, healthy lunch or fast food, responding to that email now or later. The act of noticing changes the moment.

### HOW TO USE THIS LOG

1. Keep a small notebook or phone note accessible throughout the day.
2. When you notice a choice point, write it down immediately and simply (e.g., "TV or workout", "Healthy lunch or burger").
3. After deciding, add a brief note: what you chose, why, and how you felt.
4. At the end of Day 2, review your notes and look for patterns.

### MY CHOICE POINT LOG

#### Choice Point 1

The choice:

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What I chose:

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Why:

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How I felt afterward:

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#### Choice Point 2

The choice:

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What I chose:

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Why:

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How I felt afterward:

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### Choice Point 3

The choice:

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What I chose:

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Why:

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How I felt afterward:

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### Choice Point 4

The choice:

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What I chose:

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Why:

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How I felt afterward:

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### Choice Point 5

The choice:

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What I chose:

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Why:

How I felt afterward:

### Choice Point 6

The choice:

What I chose:

Why:

How I felt afterward:

## END-OF-DAY-2 PATTERNS

- What are the most common feelings or reasons behind my choices?

- Which decisions made me feel good about myself?

- Which decisions do I tend to regret?

- Are there certain times of day that make decision-making harder?

### Reflection Question:

*Did simply paying attention to those choice points in the moment change my reaction to them — or how I felt afterward?*

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## Exercise 2

### HALT State Check

HALT stands for Hungry, Angry, Lonely, Tired — four inner states that quietly erode self-control. This exercise helps you identify when those states are running the show.

### HOW TO USE THE TRACKER

Twice a day — midday and end of day — rate each of the four HALT states on a 1–5 scale (1 = low, 5 = high). When a rating is high (e.g., Lonely: 4), note what you did in response.

|       | Hungry            | Angry             | Lonely            | Tired             |
|-------|-------------------|-------------------|-------------------|-------------------|
| Day 1 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 |
| Day 2 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 |
| Day 3 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 |
| Day 4 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 |
| Day 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 |
| Day 6 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 |
| Day 7 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 | 1 – 2 – 3 – 4 – 5 |

When a HALT state was high, what did I do in response?

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When were high HALT states leading to unhelpful decisions?

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When was I working with a difficult state in a way that honoured my values?

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**Reflection Question:**

*Which HALT state, when it rises, tends to derail me the most — and what new strategies might I try next time?*

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*For worksheets for these exercises and additional exercises, visit [oneyoufeed.net/resources](https://oneyoufeed.net/resources)*