

**TOE**

**Create a  
Worthwhile Life**

**loss, disappointment,**

1  
00:00:05,390 --> 00:00:02,149  
lost disappointment

2  
00:00:07,369 --> 00:00:05,400  
fear these are inevitable features of

3  
00:00:11,870 --> 00:00:07,379  
living a human life

4  
00:00:14,930 --> 00:00:11,880  
and no one escapes it and so the goal of

5  
00:00:19,490 --> 00:00:14,940  
Act is not the elimination of these

6  
00:00:23,090 --> 00:00:19,500  
experiences or symptoms but instead a

7  
00:00:25,570 --> 00:00:23,100  
wholehearted pursuit of living a valued

8  
00:00:28,790 --> 00:00:25,580  
life valued life areas like

9  
00:00:32,630 --> 00:00:28,800  
relationships meaningful work education

10  
00:00:34,610 --> 00:00:32,640  
personal growth even in the presence of

11  
00:00:35,630 --> 00:00:34,620  
difficult emotional experiences and

12  
00:00:38,690 --> 00:00:35,640  
thoughts

13  
00:00:41,270 --> 00:00:38,700

so the emphasis on the heart of Act is

14

00:00:43,790 --> 00:00:41,280

creating this life