



THE RIVER EXERCISE

Flowing with Awareness. Navigating with Intention.

S3-202

ACT INFORMED

CLIENT NAME: _____ DATE: _____ SESSION: _____



Life is like a river—constantly moving, sometimes calm, sometimes rough.
Use this exercise to reflect on where you are in your current journey.

1 WHERE AM I RESISTING?

What am I struggling to accept
or fighting against?

2 WHERE AM I FLOWING?

Where do I feel at ease, aligned,
or moving in the right direction?

**3 WHAT OBSTACLES
AM I FACING?**

What challenges, barriers,
or difficulties are in my way?

**4 WHAT HELPS ME
MOVE FORWARD?**

What resources, strengths,
or supports help me keep going?

5 WHAT CAN I CHOOSE?

What action or mindset can help
me move with the current rather
than against it?

**6 WHERE IS THE RIVER
LEADING ME?**

What is possible if I trust the process
and keep moving forward?



REFLECTION

What is one insight or takeaway from this exercise?

