Time That Task!

Complete this section BEFORE you do the exercise.							
My Exercise	What to-dos will I time today? How much time will I give each task?						
Old Monkey Mind-set	Example: I must finish what I start, or else I am lazy and vulnerable to threats!						
New Expansive Mind-set	Example: It is okay to start things without finishing them. My survival is not at stake!						
	Underline the values you will honor with this exercise.						
	Patience	Creativity	Se	elf-compassion			
My Higher Values	Self-care Other	Inspiration	Trust	Peace			

Complete this section AFTER you do the exercise.							
Welcome with Breath	Underline the feelings you allowed yourself to feel during this exercise.						
	Nervousi	ness Irritation	Impatience	Disappointment			
	Other			_			
	Color in a star for each item you performed.						
Star Rewards Checklist	♦ Liste	Listened to my guided meditation					
	♦ Weld	★ Welcomed negative emotions with my breath					
	Redi	Redirected myself to my expansive mind-set					
	♦ Used	d my self-compassion b	and or other kinesth	etic reinforcement tool			