







Make a Messaging Mistake

<i>Complete this section BEFORE you do the exercise.</i>									
 My Exercise	<i>What mistake will I intentionally make?</i>								
 Old Monkey Mind-set	<i>Example: Making a mistake means I'm less worthy.</i>								
 New Expansive Mind-set	<i>Example: Social communication mistakes are inevitable, and if I'm judged harshly for making one, I can handle it.</i>								
 My Higher Values	<p><i>Underline the values you will honor with this exercise.</i></p> <table style="width: 100%; text-align: center;"> <tr> <td>Self-growth</td> <td>Courage</td> <td>Vulnerability</td> <td>Authenticity</td> </tr> <tr> <td>Acceptance</td> <td>Resilience</td> <td>Spontaneity</td> <td>Peace</td> </tr> </table> <p><i>Other</i> _____</p>	Self-growth	Courage	Vulnerability	Authenticity	Acceptance	Resilience	Spontaneity	Peace
Self-growth	Courage	Vulnerability	Authenticity						
Acceptance	Resilience	Spontaneity	Peace						
<i>Complete this section AFTER you do the exercise.</i>									
 Welcome with Breath	<p><i>Underline the feelings you allowed yourself to feel during this exercise.</i></p> <table style="width: 100%; text-align: center;"> <tr> <td>Embarrassment</td> <td>Foolishness</td> <td>Nervousness</td> <td>Insecurity</td> </tr> </table> <p><i>Other</i> _____</p>	Embarrassment	Foolishness	Nervousness	Insecurity				
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 Star Rewards Checklist	<p><i>Color in a star for each item you performed.</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Listened to my guided meditation <input type="checkbox"/> Welcomed negative emotions with my breath <input type="checkbox"/> Redirected myself to my expansive mind-set <input type="checkbox"/> Used my self-compassion band or other kinesthetic reinforcement tool 								