







Freewrite vs. Be Right

Complete this section BEFORE you do the exercise.

 My Exercise	<p><i>What will I write about today?</i></p>
 Old Monkey Mind-set	<p><i>Example: If what I write isn't good, it means I am not good.</i></p>
 New Expansive Mind-set	<p><i>Example: I can act and express myself with unconditional self-acceptance.</i></p>
 My Higher Values	<p><i>Underline the values you will honor with this exercise.</i></p> <p style="text-align: center;"> Openness Courage Creativity Spontaneity Self-acceptance Self-expression Self-compassion </p> <p><i>Other</i> _____</p>

Complete this section AFTER you do the exercise.

 Welcome with Breath	<p><i>Underline the feelings you allowed yourself to feel during this exercise.</i></p> <p style="text-align: center;"> Loss Anxiousness Impatience Confusion Nervousness Embarrassment Insecurity </p> <p><i>Other</i> _____</p>
 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