







List Your To-Don'ts

Complete this section BEFORE you do the exercise.									
 My Exercise	<p><i>What things will I purposely not do today?</i></p>								
 Old Monkey Mind-set	<p>Example: <i>I am only worthy if I get it all done.</i></p>								
 New Expansive Mind-set	<p>Example: <i>I am worthy even if I don't get it all done.</i></p>								
 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>Presence</td> <td>Patience</td> <td>Health</td> <td>Self-compassion</td> </tr> <tr> <td>Fun/pleasure</td> <td>Self-acceptance</td> <td>Growth</td> <td>Peace</td> </tr> </table> <p>Other _____</p>	Presence	Patience	Health	Self-compassion	Fun/pleasure	Self-acceptance	Growth	Peace
Presence	Patience	Health	Self-compassion						
Fun/pleasure	Self-acceptance	Growth	Peace						
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> <table style="width: 100%; text-align: center;"> <tr> <td>Nervousness</td> <td>Insecurity</td> <td>Irritation</td> </tr> <tr> <td>Impatience</td> <td>Loss</td> <td>Inadequateness</td> </tr> </table> <p>Other _____</p>	Nervousness	Insecurity	Irritation	Impatience	Loss	Inadequateness		
Nervousness	Insecurity	Irritation							
Impatience	Loss	Inadequateness							
 Star Rewards Checklist	<p><i>Color in a star for each item you performed.</i></p> <ul style="list-style-type: none"> ★ Welcomed negative emotions with my breath ★ Redirected myself to my expansive mind-set ★ Used my self-compassion band or other kinesthetic reinforcement tool 								