







Jump-start It!

<i>Complete this section BEFORE you do the exercise.</i>	
 My Exercise	<i>What task will I jump-start today that I have been putting off?</i>
 Old Monkey Mind-set	<i>Example: If I cannot do it perfectly, I shouldn't do it at all.</i>
 New Expansive Mind-set	<i>Example: Five minutes of doing is better than five minutes of avoiding.</i>
 My Higher Values	<p><i>Underline the values you will honor with this exercise.</i></p> <p style="text-align: center;"> Commitment Resilience Flexibility Courage Patience Self-compassion Creativity </p> <p><i>Other</i> _____</p>

<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> <p style="text-align: center;"> Dread Irritation Anxiety Confusion Loss Boredom </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"/> 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