







Plan to Play

<i>Complete this section BEFORE you do the exercise.</i>							
 My Exercise	<i>What will I do for fun today?</i>						
 Old Monkey Mind-set	<i>Example: Unless all my work is done, there is no time for play.</i>						
 New Expansive Mind-set	<i>Example: Playtime is essential to stay mentally and physically healthy.</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>Fun/pleasure</td> <td>Humor</td> <td>Creativity</td> </tr> <tr> <td>Spontaneity</td> <td>Health</td> <td>Self-compassion</td> </tr> </table> <p><i>Other</i> _____</p>	Fun/pleasure	Humor	Creativity	Spontaneity	Health	Self-compassion
Fun/pleasure	Humor	Creativity					
Spontaneity	Health	Self-compassion					

<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>Anxiety</td> <td>Confusion</td> <td>Guilt</td> <td>Impatience</td> </tr> </table> <p><i>Other</i> _____</p>	Anxiety	Confusion	Guilt	Impatience
Anxiety	Confusion	Guilt	Impatience		
 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 				