







Wear Something Weird

<i>Complete this section BEFORE you do the exercise.</i>	
 My Exercise	<p><i>What "weird" thing will I wear today?</i></p>
 Old Monkey Mind-set	<p><i>Example: If I don't look perfect and people criticize me for this, I'm less worthy.</i></p>
 New Expansive Mind-set	<p><i>Example: How I dress doesn't determine my worth as a person. If people judge me, I can cope.</i></p>
 My Higher Values	<p><i>Underline the values you will honor with this exercise.</i></p> <p style="text-align: center;"> Self-compassion Courage Creativity Growth Self-expression Authenticity Humor Self-acceptance </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;"> Embarrassment Anxiety Shame Foolishness </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