







# Lose the List

<i>Complete this section BEFORE you do the exercise.</i>	
 <b>My Exercise</b>	<i>What list will I resist making?</i>
 <b>Old Monkey Mind-set</b>	<i>Example: If I'm not organized, I cannot relax.</i>
 <b>New Expansive Mind-set</b>	<i>Example: When I let go of control, I can be in flow.</i>
 <b>My Higher Values</b>	<p><i>Underline the values you will honor with this exercise.</i></p> <p style="text-align: center;"> <b>Spontaneity                  Patience                  Creativity                  Self-compassion</b>  <b>Fun/pleasure                  Flexibility                  Inspiration                  Flow</b> </p> <p><i>Other _____</i></p>
<i>Complete this section AFTER you do the exercise.</i>	
 <b>Welcome with Breath</b>	<p><i>Underline the feelings you allowed yourself to feel during this exercise.</i></p> <p style="text-align: center;"> <b>Irritation                                  Impatience                                  Confusion</b>  <b>Loss                                  Anxiousness                                  Disappointment</b> </p> <p><i>Other _____</i></p>
 <b>Star Rewards Checklist</b>	<p><i>Color in a star for each item you performed.</i></p> <ul style="list-style-type: none"> <li>★ Welcomed negative emotions with my breath</li> <li>★ Redirected myself to my expansive mind-set</li> <li>★ Used my self-compassion band or other kinesthetic reinforcement tool</li> </ul>