







# Flip a Coin

<i>Complete this section BEFORE you do the exercise.</i>									
 <b>My Exercise</b>	<i>What decision will I leave up to chance today?</i>								
 <b>Old Monkey Mind-set</b>	<i>Example: I can't afford to make a mistake.</i>								
 <b>New Expansive Mind-set</b>	<i>Example: Whatever decision I make is okay. I can cope with the outcome.</i>								
 <b>My Higher Values</b>	<p><i>Underline the values you will honor with this exercise.</i></p> <table style="width: 100%; text-align: center;"> <tr> <td><b>Spontaneity</b></td> <td><b>Openness</b></td> <td><b>Creativity</b></td> <td><b>Self-acceptance</b></td> </tr> <tr> <td><b>Humor</b></td> <td><b>Resilience</b></td> <td><b>Flexibility</b></td> <td><b>Confidence</b></td> </tr> </table> <p><i>Other</i> _____</p>	<b>Spontaneity</b>	<b>Openness</b>	<b>Creativity</b>	<b>Self-acceptance</b>	<b>Humor</b>	<b>Resilience</b>	<b>Flexibility</b>	<b>Confidence</b>
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<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> <table style="width: 100%; text-align: center;"> <tr> <td><b>Anxiety</b></td> <td><b>Irritation</b></td> <td><b>Doubt</b></td> <td><b>Disappointment</b></td> </tr> </table> <p><i>Other</i> _____</p>	<b>Anxiety</b>	<b>Irritation</b>	<b>Doubt</b>	<b>Disappointment</b>				
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 <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><input type="checkbox"/> Welcomed negative emotions with my breath</li> <li><input type="checkbox"/> Redirected myself to my expansive mind-set</li> <li><input type="checkbox"/> Used my self-compassion band or other kinesthetic reinforcement tool</li> </ul>								