







Ask for Help

<i>Complete this section BEFORE you do the exercise.</i>									
 My Exercise	<i>What will I ask for help with today or delegate to someone else entirely?</i>								
 Old Monkey Mind-set	<i>Example: It's not safe to rely on others because they can't be trusted to do it right.</i>								
 New Expansive Mind-set	<i>Example: I can trust other people to do things their own way, and I can trust that I can handle the consequences.</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>Openness</td> <td>Patience</td> <td>Compassion</td> <td>Connection</td> </tr> <tr> <td>Self-care</td> <td>Courage</td> <td>Flexibility</td> <td>Peace</td> </tr> </table> <p><i>Other</i> _____</p>	Openness	Patience	Compassion	Connection	Self-care	Courage	Flexibility	Peace
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Self-care	Courage	Flexibility	Peace						
<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>Irritation</td> <td>Impatience</td> <td>Disappointment</td> </tr> <tr> <td>Anger</td> <td>Embarrassment</td> <td></td> <td>Guilt</td> </tr> </table> <p><i>Other</i> _____</p>	Anxiety	Irritation	Impatience	Disappointment	Anger	Embarrassment		Guilt
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 Star Rewards Checklist	<p><i>Color in a star for each item you performed.</i></p> <ul style="list-style-type: none"> ★ Listened to my guided meditation ★ Welcomed negative emotions with my breath ★ Redirected myself to my expansive mind-set ★ Used my self-compassion band or other kinesthetic reinforcement tool 								