







Talk to Strangers

<i>Complete this section BEFORE you do the exercise.</i>	
 My Exercise	<i>Where will I approach three strangers today? What will I say?</i>
 Old Monkey Mind-set	<i>Example: Don't risk being friendly to others, because they may not be friendly back.</i>
 New Expansive Mind-set	<i>Example: Initiating being friendly to others is worth the risk, and I can handle it if they are unfriendly in return.</i>
 My Higher Values	<p><i>Underline the values you will honor with this exercise.</i></p> <p style="text-align: center;"> Connection Authenticity Friendliness Self-compassion Self-acceptance Courage Confidence Openness </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;"> Anxiousness Foolishness Awkwardness Discomfort Shame Anger Self-consciousness </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"> ★ 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