







# Lose to Win

| <i>Complete this section BEFORE you do the exercise.</i>   |   |                   |                        |                   |                        |                 |                   |              |                     |
|--|---|-------------------|------------------------|-------------------|------------------------|-----------------|-------------------|--------------|---------------------|
| <br><b>My Exercise</b>            | <i>What game will I play, and what new strategy will I try?</i>   |                   |                        |                   |                        |                 |                   |              |                     |
| <br><b>Old Monkey Mind-set</b>    | <i>Example: Losing makes me less than others, vulnerable to rejection and death.</i>  |                   |                        |                   |                        |                 |                   |              |                     |
| <br><b>New Expansive Mind-set</b> | <i>Example: Losing is learning.</i>   |                   |                        |                   |                        |                 |                   |              |                     |
| <br><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>Growth</b></td> <td><b>Patience</b></td> <td><b>Creativity</b></td> <td><b>Self-compassion</b></td> </tr> <tr> <td><b>Openness</b></td> <td><b>Resilience</b></td> <td><b>Humor</b></td> <td><b>Fun/pleasure</b></td> </tr> </table> <p><i>Other</i> _____</p> | <b>Growth</b>     | <b>Patience</b>        | <b>Creativity</b> | <b>Self-compassion</b> | <b>Openness</b> | <b>Resilience</b> | <b>Humor</b> | <b>Fun/pleasure</b> |
| <b>Growth</b>  | <b>Patience</b>   | <b>Creativity</b> | <b>Self-compassion</b> |                   |                        |                 |                   |              |                     |
| <b>Openness</b>  | <b>Resilience</b>   | <b>Humor</b>      | <b>Fun/pleasure</b>    |                   |                        |                 |                   |              |                     |

| <i>Complete this section AFTER you do the exercise.</i>  |   |                       |                   |                |                   |                      |                  |                       |  |
|--|---|-----------------------|-------------------|----------------|-------------------|----------------------|------------------|-----------------------|--|
| <br><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>Shame</b></td> <td><b>Anger</b></td> <td><b>Anxiety</b></td> <td><b>Irritation</b></td> </tr> <tr> <td><b>Embarrassment</b></td> <td><b>Confusion</b></td> <td><b>Disappointment</b></td> <td></td> </tr> </table> <p><i>Other</i> _____</p> | <b>Shame</b>          | <b>Anger</b>      | <b>Anxiety</b> | <b>Irritation</b> | <b>Embarrassment</b> | <b>Confusion</b> | <b>Disappointment</b> |  |
| <b>Shame</b>   | <b>Anger</b>  | <b>Anxiety</b>        | <b>Irritation</b> |                |                   |                      |                  |                       |  |
| <b>Embarrassment</b>   | <b>Confusion</b>  | <b>Disappointment</b> |                   |                |                   |                      |                  |                       |  |
| <br><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>  |                       |                   |                |                   |                      |                  |                       |  |