







# Randomize Your Tasks

<i>Complete this section BEFORE you do the exercise.</i>									
 <b>My Exercise</b>	<i>First, write out your to-dos on index cards or pieces of paper and put them in a hat, bag, or jar. Then randomly choose a task and do it.</i>								
 <b>Old Monkey Mind-set</b>	<i>Example: If I don't do things in the correct order, something bad will happen.</i>								
 <b>New Expansive Mind-set</b>	<i>Example: It is okay to do things out of order. I'll still be getting something done!</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>Flexibility</b></td> <td><b>Growth</b></td> <td><b>Creativity</b></td> <td><b>Spontaneity</b></td> </tr> <tr> <td><b>Presence</b></td> <td><b>Resilience</b></td> <td><b>Patience</b></td> <td><b>Humor</b></td> </tr> </table> <p><i>Other</i> _____</p>	<b>Flexibility</b>	<b>Growth</b>	<b>Creativity</b>	<b>Spontaneity</b>	<b>Presence</b>	<b>Resilience</b>	<b>Patience</b>	<b>Humor</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>Frustration</b></td> <td><b>Irritation</b></td> <td><b>Impatience</b></td> </tr> <tr> <td><b>Loss</b></td> <td><b>Anxiety</b></td> <td><b>Confusion</b></td> </tr> </table> <p><i>Other</i> _____</p>	<b>Frustration</b>	<b>Irritation</b>	<b>Impatience</b>	<b>Loss</b>	<b>Anxiety</b>	<b>Confusion</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>								