## Go for the No

| Complete this section BEFORE you do the exercise. |   |            |                 |  |  |  |
|---|---|------------|-----------------|--|--|--|
| My Exercise                                       | What am I going to ask for and whom am I going to ask?                                      |            |                 |  |  |  |
| Old Monkey<br>Mind-set                            | Example: Any rejection is dangerous because it can lead to me being kicked out of my tribe. |            |                 |  |  |  |
| New Expansive Mind-set                            | Example: Rejection is not dangerous; I can handle it and take more risks in life.           |            |                 |  |  |  |
|   | Underline the values you will honor with this exercise.                                     |            |                 |  |  |  |
| <b></b>   | Courage   | Resilience | Self-expression |  |  |  |
| My Higher<br>Values                               | Confidence Other  | Growth     | Self-compassion |  |  |  |
|   | Otner   |            |                 |  |  |  |

| Complete this section AFTER you do the exercise. |   |  |               |                    |  |  |
|--|---|--|---------------|--------------------|--|--|
| Ж  | Underline the feelings you allowed yourself to feel during this exercise. |  |               |                    |  |  |
| ₩<br>Welcome<br>with Breath                      | Anxiety   | Shame  | Embarrassment | Self-consciousness |  |  |
|  | Other   |  |               |                    |  |  |
|  | Color in a star for each item you performed.                              |  |               |                    |  |  |
| Star Rewards<br>Checklist                        | <b>♦</b> Listene  | Listened to my guided meditation                                     |               |                    |  |  |
|  | <b>♦</b> Welcor   | Welcomed negative emotions with my breath                            |               |                    |  |  |
|  | Redire  | Redirected myself to my expansive mind-set                           |               |                    |  |  |
|  | <b>♦</b> Used m   | Used my self-compassion band or other kinesthetic reinforcement tool |               |                    |  |  |