







# Fail and Forgive

<i>Complete this section BEFORE you do the exercise.</i>									
 <b>My Exercise</b>	<i>What will I practice “failing” at today? It should be something I’m not good at.</i>								
 <b>Old Monkey Mind-set</b>	<i>Example: Failing at what I set out to do means I am not good enough.</i>								
 <b>New Expansive Mind-set</b>	<i>Example: Failing means I have taken a risk, and risk-taking is how I learn.</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>Growth</b></td> <td><b>Patience</b></td> <td><b>Creativity</b></td> <td><b>Self-compassion</b></td> </tr> <tr> <td><b>Courage</b></td> <td><b>Openness</b></td> <td><b>Self-acceptance</b></td> <td><b>Flexibility</b></td> </tr> </table> <p><i>Other _____</i></p>	<b>Growth</b>	<b>Patience</b>	<b>Creativity</b>	<b>Self-compassion</b>	<b>Courage</b>	<b>Openness</b>	<b>Self-acceptance</b>	<b>Flexibility</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>Shame</b></td> <td><b>Impatience</b></td> <td><b>Embarrassment</b></td> </tr> <tr> <td><b>Anxiousness</b></td> <td><b>Anger</b></td> <td><b>Discouragement</b></td> <td><b>Confusion</b></td> </tr> </table> <p><i>Other _____</i></p>	<b>Frustration</b>	<b>Shame</b>	<b>Impatience</b>	<b>Embarrassment</b>	<b>Anxiousness</b>	<b>Anger</b>	<b>Discouragement</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>★ Listened to my guided meditation</li> <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>								