







# Make No Excuses

<i>Complete this section BEFORE you do the exercise.</i>										
 <b>My Exercise</b>	<p><i>What situations might cause me to want to apologize or make an excuse today? What will I do or say instead to “own it”?</i></p>									
 <b>Old Monkey Mind-set</b>	<p><i>Example: If I acknowledge my failure first, or explain it somehow, others won't judge me for it.</i></p>									
 <b>New Expansive Mind-set</b>	<p><i>Example: I don't need to defend myself for making mistakes or inconveniencing others. I can handle others' judgments.</i></p>									
 <b>My Higher Values</b>	<p><i>Underline the values you will honor with this exercise.</i></p> <table style="width: 100%; border: none;"> <tr> <td style="text-align: center;"><b>Self-compassion</b></td> <td style="text-align: center;"><b>Courage</b></td> <td style="text-align: center;"><b>Self-acceptance</b></td> </tr> <tr> <td style="text-align: center;"><b>Trust</b></td> <td style="text-align: center;"><b>Connection</b></td> <td style="text-align: center;"><b>Growth</b></td> </tr> <tr> <td colspan="3" style="text-align: center;"><i>Other</i> _____</td> </tr> </table>	<b>Self-compassion</b>	<b>Courage</b>	<b>Self-acceptance</b>	<b>Trust</b>	<b>Connection</b>	<b>Growth</b>	<i>Other</i> _____		
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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%; border: none;"> <tr> <td style="text-align: center;"><b>Confusion</b></td> <td style="text-align: center;"><b>Anxiousness</b></td> <td style="text-align: center;"><b>Foolishness</b></td> </tr> <tr> <td style="text-align: center;"><b>Embarrassment</b></td> <td style="text-align: center;"><b>Awkwardness</b></td> <td style="text-align: center;"><b>Clumsiness</b></td> </tr> <tr> <td colspan="3" style="text-align: center;"><i>Other</i> _____</td> </tr> </table>	<b>Confusion</b>	<b>Anxiousness</b>	<b>Foolishness</b>	<b>Embarrassment</b>	<b>Awkwardness</b>	<b>Clumsiness</b>	<i>Other</i> _____		
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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>★ 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>									