







Be a Newbie

<i>Complete this section BEFORE you do the exercise.</i>									
 My Exercise	<i>What new thing will I try today?</i>								
 Old Monkey Mind-set	<i>Example: To be safe and worthy, I must not make a mistake.</i>								
 New Expansive Mind-set	<i>Example: Making a mistake is a sign that I have taken a risk by trying something new and is an opportunity for growth.</i>								
 My Higher Values	<p><i>Underline the values you will honor with this exercise.</i></p> <table style="width: 100%; text-align: center;"> <tr> <td>Self-compassion</td> <td>Fun</td> <td>Creativity</td> <td>Self-acceptance</td> </tr> <tr> <td>Patience</td> <td>Courage</td> <td>Growth</td> <td>Openness</td> </tr> </table> <p><i>Other</i> _____</p>	Self-compassion	Fun	Creativity	Self-acceptance	Patience	Courage	Growth	Openness
Self-compassion	Fun	Creativity	Self-acceptance						
Patience	Courage	Growth	Openness						

<i>Complete this section AFTER you do the exercise.</i>							
 Welcome with Breath	<p><i>Underline the feelings you allowed yourself to feel during this exercise.</i></p> <table style="width: 100%; text-align: center;"> <tr> <td>Confusion</td> <td>Anxiousness</td> <td>Foolishness</td> </tr> <tr> <td>Embarrassment</td> <td>Awkwardness</td> <td>Clumsiness</td> </tr> </table> <p><i>Other</i> _____</p>	Confusion	Anxiousness	Foolishness	Embarrassment	Awkwardness	Clumsiness
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 Star Rewards Checklist	<p><i>Color in a star for each item you performed.</i></p> <ul style="list-style-type: none"> ★ Listened to my guided meditation ★ Welcomed negative emotions with my breath ★ Redirected myself to my expansive mind-set ★ Used my self-compassion band or other kinesthetic reinforcement tool 						