







Stop in the Name of Love

<i>Complete this section BEFORE you do the exercise.</i>									
 My Exercise	<i>What task will I start but not finish today?</i>								
 Old Monkey Mind-set	<i>Example: I can only rest when every task is completed.</i>								
 New Expansive Mind-set	<i>Example: Self-care is just as essential to my safety and well-being as is taking care of business.</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>Presence</td> <td>Patience</td> <td>Fun/pleasure</td> <td>Growth</td> </tr> <tr> <td>Self-compassion</td> <td>Self-care</td> <td>Health</td> <td>Peace</td> </tr> </table> <p><i>Other</i> _____</p>	Presence	Patience	Fun/pleasure	Growth	Self-compassion	Self-care	Health	Peace
Presence	Patience	Fun/pleasure	Growth						
Self-compassion	Self-care	Health	Peace						
<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>Frustration</td> <td>Anxiety</td> <td>Impatience</td> <td>Guilt</td> <td>Insecurity</td> </tr> </table> <p><i>Other</i> _____</p>	Frustration	Anxiety	Impatience	Guilt	Insecurity			
Frustration	Anxiety	Impatience	Guilt	Insecurity					
 Star Rewards Checklist	<p><i>Color in a star for each item you performed.</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Listened to my guided meditation <input type="checkbox"/> Welcomed negative emotions with my breath <input type="checkbox"/> Redirected myself to my expansive mind-set <input type="checkbox"/> Used my self-compassion band or other kinesthetic reinforcement tool 								