







Be a Real Artist

<i>Complete this section BEFORE you do the exercise.</i>	
 My Exercise	<i>What do I plan to draw or paint today? What materials will I use?</i>
 Old Monkey Mind-set	<i>Example: If I can't draw well, I shouldn't be drawing at all.</i>
 New Expansive Mind-set	<i>Example: Taking a creative risk, no matter the result, is always good enough.</i>
 My Higher Values	<p><i>Underline the values you will honor with this exercise.</i></p> <p style="text-align: center;"> Creativity Patience Fun Growth Self-acceptance Self-expression Self-compassion </p> <p><i>Other</i> _____</p>

<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> <p style="text-align: center;"> Embarrassment Irritation Impatience Disappointment Confusion Anxiety Foolishness Insecurity </p> <p><i>Other</i> _____</p>
 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