







Celebrate Imperfection

<i>Complete this section BEFORE you do the exercise.</i>										
 My Exercise	<i>What mishaps might I celebrate today?</i>									
 Old Monkey Mind-set	<i>Example: If I make a mistake, forget something, or things don't go as planned, everything will be ruined.</i>									
 New Expansive Mind-set	<i>Example: When I make a mistake, forget something, or things don't go as planned, it is an opportunity to exercise control over the only thing I can control—my response.</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>Self-acceptance</td> <td>Self-compassion</td> </tr> <tr> <td>Fun</td> <td>Resilience</td> <td>Resourcefulness</td> <td>Humor</td> </tr> </table> <p><i>Other</i> _____</p>	Presence	Patience	Self-acceptance	Self-compassion	Fun	Resilience	Resourcefulness	Humor	
Presence	Patience	Self-acceptance	Self-compassion							
Fun	Resilience	Resourcefulness	Humor							
<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>Embarrassment</td> <td>Irritation</td> <td>Impatience</td> </tr> <tr> <td>Disappointment</td> <td>Anger</td> <td>Frustration</td> </tr> <tr> <td></td> <td></td> <td>Regret</td> </tr> </table> <p><i>Other</i> _____</p>	Embarrassment	Irritation	Impatience	Disappointment	Anger	Frustration			Regret
Embarrassment	Irritation	Impatience								
Disappointment	Anger	Frustration								
		Regret								
 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"/> 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 									