



Can't Remember? Let It Be

WORKSHEET

Complete this section BEFORE you do the exercise.	
My Exercise	What “superstitious” habit(s) will you drop today?
Old Monkey Mind-set	Example: “I can only relax when I can remember everything.”
New Expansive Mind-set	Example: “I don’t need to know this. I can let go.”
 My Higher Values	<p><i>Underline the values you will honor with this exercise.</i></p> <div style="display: flex; justify-content: space-around;"> Peace Humor Self-compassion </div> <div style="display: flex; justify-content: space-around;"> Mindfulness Acceptance Resilience </div> <p>Other _____</p>

Complete this section AFTER you do the exercise.	
 Negative Emotions Welcomed	<p><i>Underline what you allowed yourself to feel during this exercise.</i></p> <div style="display: flex; justify-content: space-around;"> Confusion Loss Anxiety Doubt </div> <div style="display: flex; justify-content: space-around;"> Frustration Panic Annoyance Disappointment </div> <p>Other _____</p>
Star Rewards Checklist	<p><i>Color in a star for each skill you used.</i></p> <ul style="list-style-type: none"> ★ Listened to my AudioCoach before/during the exercise ★ Welcomed negative emotions with my breath ★ Redirected myself to my expansive mind-set ★ Used my wristband or other kinesthetic learning tool