




# Forget About It

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
<b>My Exercise</b>	In what situation(s) will you "grab and go" today?
<b>Old Monkey Mindset</b>	Example: "Unless I remember everything my day will be ruined." 
<b>New Expansive Mindset</b>	Example: "If I forget something I need, I can cope"
 <b>My Higher Values</b>	<p>Underline the values you will honor with this exercise.</p> <p>Spontaneity    Creativity    Flexibility    Self-reliance</p> <p>Self-compassion    Resilience    Acceptance    Adventure</p> <p>Other _____</p>

Complete this section <i>AFTER</i> you do the exercise	
 <b>Negative Emotions Welcomed</b>	<p>Underline the feelings you allowed yourself to feel during this exercise.</p> <p>Anxiety    Irritation    Impatience    Regret</p> <p>Doubt    Anger    Confusion    Lost</p> <p>Other _____</p>
<b>Star Rewards Checklist</b>	<p>Color in a star for each item you checked on the checklist.</p> <ul style="list-style-type: none"> <li>☆ Listened to my AudioCoach before/during the exercise</li> <li>☆ Welcomed negative emotions with my breath</li> <li>☆ Redirected myself to my expansive mindset</li> <li>☆ Used my wristband or other kinesthetic learning tool</li> </ul>

Anxiety	Irritation	Impatience	Guilt
Hopeless	Anger	Boredom	Lost/Confused
Sadness	Shame	Impatience	Regret
Embarrassment	Anger	Disgust	Disappointment