




Go Off the Grid

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	When will you go off the grid today?
Old Monkey Mindset	Example: "I must check incoming messages to be successful and safe." 
New Expansive Mindset	Example: "I can monitor incoming messages at my discretion and cope with results."
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p>Presence Patience Trust Self-confidence</p> <p>Courage Resilience Creativity Peace</p> <p>Other _____</p>

Complete this section <i>AFTER</i> you do the exercise	
 Negative Emotions Welcomed	<p>Underline the feelings you allowed yourself to feel during this exercise.</p> <p>Anxiety Irritation Impatience Regret</p> <p>Loneliness Guilt Boredom Lost</p> <p>Other _____</p>
Star Rewards Checklist	<p>Color in a star for each item you checked on the checklist.</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 mindset ☆ Used my wristband or other kinesthetic learning tool