




Go On a Social Media Diet

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	When will you turn off your social media today? For how long?
Old Monkey Mindset	Example: "I must keep up with social media or I'll be missing out." 
New Expansive Mindset	Example: "By not checking social media I'll be cultivating peace and presence."
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p>Self-Acceptance Independence Courage Authenticity</p> <p>Self-compassion Resilience Presence 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 Lonely Regret</p> <p>Doubt Insecure 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