




Make a Quick Decision

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	What decision will you make quickly today?
Old Monkey Mindset	Example: <i>If I make a wrong choice I might not recover.</i> 
New Expansive Mindset	Example: <i>"Every decision has an upside to enjoy, and a downside I can cope with."</i>
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p>Trust Flexibility Creativity Self-reliance</p> <p>Spontaneity Resilience Acceptance Courage</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 Doubt Regret</p> <p>Confusion Overwhelm Disappointment Embarrassment</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