




Under-plan, Under-prepare

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	What preparation time will you cut in half today?
Old Monkey Mindset	Example: "Being totally prepared is the only way I am safe." 
New Expansive Mindset	Example: "Since I can't anticipate everything, I'll practice resilience."
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p>Courage Patience Creativity Self-reliance</p> <p>Spontaneity Resilience Acceptance Self-compassion</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>Lost Irritation Embarrassment Regret</p> <p>Guilt Shame Anxiety Disappointment</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