




Welcome a Worry

Complete this section BEFORE you do the exercise	
My Exercise	What worry will you welcome today?
Old Monkey Mindset	Example: "I need to prevent the worst from happening." 
New Expansive Mindset	Example: "If I cannot prevent the worst from happening, I can cope."
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p>Presence Health Openess Courage</p> <p>Trust Resilience Acceptance Peace</p> <p>Other _____</p>

Complete this section AFTER you do the exercise	
 Negative Emotions Welcomed	<p>Underline the feelings you allowed yourself to feel during this exercise.</p> <p>Anxiety Irritation Insecurity Fear</p> <p>Panic Sadness Loss Hopelessness</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