







Reboot! Reboot! Reboot!

<i>Complete this section BEFORE you do the exercise.</i>	
 My Exercise	<p><i>How often will I take a scheduled five-minute break today? Every twenty-five minutes? Every sixty minutes?</i></p>
 Old Monkey Mind-set	<p><i>Example: Breaks are a nonessential indulgence and will interfere with productivity.</i></p>
 New Expansive Mind-set	<p><i>Example: I can be more creative and productive, as well as healthier, when I take frequent breaks.</i></p>
 My Higher Values	<p><i>Underline the values you will honor with this exercise.</i></p> <p style="text-align: center;"> Presence Health Creativity Self-care Growth </p> <p><i>Other</i> _____</p>

<i>Complete this section AFTER you do the exercise.</i>	
 Welcome with Breath	<p><i>Underline the feelings you allowed yourself to feel during this exercise.</i></p> <p style="text-align: center;"> Frustration Guilt Impatience </p> <p style="text-align: center;"> Nervousness Irritation Foolishness </p> <p><i>Other</i> _____</p>
 Star Rewards Checklist	<p><i>Color in a star for each item you performed.</i></p> <ul style="list-style-type: none"> ★ Listened to my guided meditation ★ Welcomed negative emotions with my breath ★ Redirected myself to my expansive mind-set ★ Used my self-compassion band or other kinesthetic reinforcement tool