







Ask a Stupid Question

<i>Complete this section BEFORE you do the exercise.</i>	
 My Exercise	<i>What question can I ask today? Where and when will I ask it?</i>
 Old Monkey Mind-set	<i>Example: If I don't know something, I am stupid.</i>
 New Expansive Mind-set	<i>Example: Asking questions is not only smart, but it helps me connect authentically with others.</i>
 My Higher Values	<p><i>Underline the values you will honor with this exercise.</i></p> <p style="text-align: center;"> Self-compassion Courage Self-acceptance Connection Authenticity 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;"> Embarrassment Shame Insecurity Anxiety </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