







Accept a Compliment

<i>Complete this section BEFORE you do the exercise.</i>	
 My Exercise	<i>What compliment might I encounter and accept today?</i>
 Old Monkey Mind-set	<i>Example: Unless I am consistently perfect, it's not safe to be admired or appreciated.</i>
 New Expansive Mind-set	<i>Example: I deserve to be admired and appreciated. I am good enough as I am in this moment.</i>
 My Higher Values	<p><i>Underline the values you will honor with this exercise.</i></p> <p style="text-align: center;"> Self-acceptance Openness Vulnerability Courage Connection Trust 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;"> Self-consciousness Doubt Embarrassment Anxiousness </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"> <input type="checkbox"/> Welcomed negative emotions with my breath <input type="checkbox"/> Redirected myself to my expansive mind-set <input type="checkbox"/> Used my self-compassion band or other kinesthetic reinforcement tool