







Don't Look Back

<i>Complete this section BEFORE you do the exercise.</i>									
 My Exercise	<i>What task or activity will I complete without checking for mistakes?</i>								
 Old Monkey Mind-set	<i>Example: I must do things perfectly, or I have failed.</i>								
 New Expansive Mind-set	<i>Example: Making a mistake means I'm human, not that I'm incompetent.</i>								
 My Higher Values	<p><i>Underline the values you will honor with this exercise.</i></p> <table style="width: 100%; text-align: center;"> <tr> <td>Self-acceptance</td> <td>Forgiveness</td> <td>Courage</td> <td>Efficiency</td> </tr> <tr> <td>Vulnerability</td> <td>Self-compassion</td> <td>Self-care</td> <td>Play</td> </tr> </table> <p><i>Other</i> _____</p>	Self-acceptance	Forgiveness	Courage	Efficiency	Vulnerability	Self-compassion	Self-care	Play
Self-acceptance	Forgiveness	Courage	Efficiency						
Vulnerability	Self-compassion	Self-care	Play						
<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> <table style="width: 100%; text-align: center;"> <tr> <td>Anxiousness</td> <td>Embarrassment</td> <td>Insecurity</td> <td>Nervousness</td> </tr> </table> <p><i>Other</i> _____</p>	Anxiousness	Embarrassment	Insecurity	Nervousness				
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 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"/> Listened to my guided meditation <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 								