







Butcher a Word or Phrase

<i>Complete this section BEFORE you do the exercise.</i>									
 My Exercise	<p><i>What word or phrase will I mispronounce today? Where and with whom will I do this?</i></p>								
 Old Monkey Mind-set	<p><i>Example: I cannot handle appearing foolish and possibly being judged by others; it's too risky.</i></p>								
 New Expansive Mind-set	<p><i>Example: It is okay to appear foolish to others. I can handle it!</i></p>								
 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>Growth</td> <td>Courage</td> <td>Humor</td> <td>Self-compassion</td> </tr> <tr> <td>Vulnerability</td> <td>Honesty</td> <td>Self-acceptance</td> <td>Authenticity</td> </tr> </table> <p><i>Other _____</i></p>	Growth	Courage	Humor	Self-compassion	Vulnerability	Honesty	Self-acceptance	Authenticity
Growth	Courage	Humor	Self-compassion						
Vulnerability	Honesty	Self-acceptance	Authenticity						
<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>Embarrassment</td> <td>Anxiousness</td> <td>Insecurity</td> </tr> <tr> <td>Vulnerability</td> <td></td> <td>Foolishness</td> </tr> </table> <p><i>Other _____</i></p>	Embarrassment	Anxiousness	Insecurity	Vulnerability		Foolishness		
Embarrassment	Anxiousness	Insecurity							
Vulnerability		Foolishness							
 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 								