




Choose a Random Queue

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	<i>In what situations will I queue up today?</i>
Old Monkey Mindset	<i>Example: "If I get stuck in a slow line I'm losing control of my day!"</i> 
New Expansive Mindset	<i>Example: "I can be more present when I'm not optimizing my experience."</i>
 My Higher Values	<p><i>Underline the values you will honor with this exercise.</i></p> <p>Trust Patience Openess Presence</p> <p>Spontaneity Resilience Acceptance Peace</p> <p>Other _____</p>

Complete this section <i>AFTER</i> you do the exercise	
 Negative Emotions Welcomed	<p><i>Underline the feelings you allowed yourself to feel during this exercise.</i></p> <p>Lost Irritation Impatience Jealousy</p> <p>Indecision Anger Boredom Anxiety</p> <p>Other _____</p>
Star Rewards Checklist	<p><i>Color in a star for each item you checked on the checklist.</i></p> <ul style="list-style-type: none"> ☆ Listened to my AudioCoach before/during the exercise ☆ Welcomed negative emotions with my breath ☆ Redirected myself to my expansive mindset ☆ Used my wristband or other kinesthetic learning tool