




Don't DIY. Delegate

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	What would you normally do that you will instead delegate today?
Old Monkey Mindset	Example: "To make sure of the outcome, I have to do it myself." 
New Expansive Mindset	Example: "Regardless how others might do this task, I can cope."
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p>Trust Acceptance Compassion Openness</p> <p>Patience Resilience Flexibility Growth</p> <p>Other _____</p>

Complete this section <i>AFTER</i> you do the exercise	
 Negative Emotions Welcomed	<p>Underline the feelings you allowed yourself to feel during this exercise.</p> <p>Fear Insecurity Impatience Loss</p> <p>Apprehension Irritation Anger Disappointment</p> <p>Other _____</p>
Star Rewards Checklist	<p>Color in a star for each item you checked on the checklist.</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