




# Don't Double-Check

Complete this section <i>BEFORE</i> you do the exercise	
<b>My Exercise</b>	What things do you usually double-check that you'll watch out for today?
<b>Old Monkey Mindset</b>	Example: "The world is dangerous and I'm unreliable so I better check again." 
<b>New Expansive Mindset</b>	Example: "I can trust myself and the world we live in."
 <b>My Higher Values</b>	<p>Underline the values you will honor with this exercise.</p> <p>Trust      Patience      Adventure      Self-reliance</p> <p>Courage      Resilience      Acceptance      Peace</p> <p>Other _____</p>

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