




Don't Feed on News Feeds

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	What newsfeed(s) will you resist checking today?
Old Monkey Mindset	Example: "Unless I'm fully informed at all times I'm under threat." 
New Expansive Mindset	Example: "Being present is more important to me than being fully informed."
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p>Presence Patience Creativity Self-reliance</p> <p>Spontaneity Resilience Acceptance Peace</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>Anxiety Irritation Impatience Regret</p> <p>Foolish Anger Boredom Lost</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