




Get Off the Clock

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	When will you go off the clock today?
Old Monkey Mindset	Example: "I only feel safe when I know I'm on schedule." 
New Expansive Mindset	Example: "I can relax whether I'm on schedule or not."
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p style="text-align: center;">Flexibility Patience Peace Presence</p> <p style="text-align: center;">Spontaneity Resilience Resourcefulness Creativity</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 style="text-align: center;">Anxiety Irritation Impatience Lost</p> <p style="text-align: center;">Guilt Rushed Boredom Panic</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