




Go Without a Net

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	When will you leave your phone behind today?
Old Monkey Mindset	Example: "I always need my phone because bad things can happen." 
New Expansive Mindset	Example: "I can be more present, and reasonably safe, without my phone."
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p>Presence Confidence Adventure Self-reliance</p> <p>Trust Resilience Flexibility 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 Frustration Impatience Lost/Confused</p> <p>Worry Regret Boredom Embarrassment</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