




If This, Then That

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	What worry cycle will you interrupt today?
Old Monkey Mindset	Example: "If I can't handle this problem, my life is ruined." 
New Expansive Mindset	Example: "Even if I can't solve a problem, I can still act with wisdom."
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p>Patience Creativity Confidence Trust</p> <p>Courage Resilience Acceptance Self-compassion</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 Confusion Impatience Hopeless</p> <p>Indecision Panicky Sadness Overwhelm</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"> ☆ Welcomed negative emotions with my breath ☆ Redirected myself to my expansive mindset ☆ Used my wristband or other kinesthetic learning tool