




# PACE, DON'T RACE

Complete this section <i>BEFORE</i> you do the exercise	
<b>My Exercise</b>	What "clockless trip(s)" will you take?
<b>Old Monkey Mindset</b>	Example: "I can only relax if I know I will arrive on time." 
<b>New Expansive Mindset</b>	Example: "I can relax and be present not knowing if I'm on schedule."
 <b>My Higher Values</b>	<p>Underline the values you will honor with this exercise.</p> <p style="text-align: center;">Flexibility      Patience      Trust      Presence</p> <p style="text-align: center;">Spontaneity      Resilience      Resourcefulness      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 style="text-align: center;">Anxiety      Irritation      Impatience      Confusion</p> <p style="text-align: center;">Frustrated      Nervous      Shame      Embarrassment</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>