




Reduce Reassurance

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	What kind of uncertainties will you not seek reassurance about today?
Old Monkey Mindset	Example: "Doubt and insecurity are signals that I must act!" ." 
New Expansive Mindset	Example: "By learning to tolerate doubt and insecurity I am cultivating confidence."
 My Higher Values	Underline the values you will honor with this exercise. <div style="display: flex; justify-content: space-around; text-align: center;"> Autonomy Patience Courage Confidence </div> <div style="display: flex; justify-content: space-around; text-align: center;"> Trust Resilience Acceptance Peace </div> <p>Other _____</p>

Complete this section <i>AFTER</i> you do the exercise	
 Negative Emotions Welcomed	Underline the feelings you allowed yourself to feel during this exercise. <div style="display: flex; justify-content: space-around; text-align: center;"> Anxiety Irritation Impatience Insecurity </div> <div style="display: flex; justify-content: space-around; text-align: center;"> Indecision Confusion Doubt Lost </div> <p>Other _____</p>
Star Rewards Checklist	Color in a star for each item you checked on the checklist. <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