




Rock Your Routine

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	What new behavior will you try today?
Old Monkey Mindset	Example: "I'm only safe when I know what's next and how things will turn out." 
New Expansive Mindset	Example: "Flexibility is a key to confidence and greater aliveness."
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p style="text-align: center;">Flexibility Fun Creativity Adventure</p> <p style="text-align: center;">Spontaneity Courage Confidence Openness</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;">Helplessness Lost Irritation Doubt</p> <p style="text-align: center;">Indecision Anxiety Embarrassment Disappointment</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