




Shuffle the Deck

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	What group of activities will you randomly reorder today?
Old Monkey Mindset	Example: "I must optimize my time to be safe." 
New Expansive Mindset	Example: "Doing things randomly builds flexibility and resilience."
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p>Fun Adventure Creativity Confidence</p> <p>Spontaneity 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 Regret</p> <p>Confusion Doubt Boredom 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