




Step on a Crack

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	What "superstitious" habit(s) will you drop today?
Old Monkey Mindset	Example: "It's dangerous to tempt the fates." 
New Expansive Mindset	Example: "I cannot influence a threat that is beyond my control."
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p>Trust Patience Peace Presence</p> <p>Spontaneity Resilience Courage Acceptance</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 Guilt Remorse</p> <p>Nervous Dread Panic</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