




Take the Road Less Travelled

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	What familiar route will you change today?
Old Monkey Mindset	Example: "It's pointless, dangerous and silly not to take the best route." 
New Expansive Mindset	Example: "The journey is just as important as the destination."
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p>Flexibility Patience Creativity Presence</p> <p>Spontaneity Resilience Resourcefulness Fun</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 Remorse</p> <p>Indecision Shame Disappointment Lost</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