




Throw Caution, Not Food, To the Wind WORKSHEET

Complete this section BEFORE you do the exercise	
My Exercise	Where can you resist the urge to check expiration dates today?
Old Monkey Mindset	Example: "If I can't confirm the food I eat is 100% safe, I am in danger." 
New Expansive Mindset	Example: "I don't need to be 100% certain about food expiration dates to be safe.."
 My Higher Values	<p>Underline the values you will honor with this exercise.</p> <p>Acceptance Trust Courage Growth</p> <p>Confidence Resilience Flexibility Peace</p> <p>Other _____</p>

Complete this section AFTER you do the exercise	
 Negative Emotions Welcomed	<p>Underline the feelings you allowed yourself to feel during this exercise.</p> <p>Anxiety Disgust Doubt</p> <p>Indecision Irritation Nervous</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