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WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY * KIND HEART * FIERCE MIND * BRAVE SPIRIT

Fill in the fields below, whatever comes to mind is just perfect. No need to edit, just do it in a couple of minutes as a thought starter. Do this **BEFORE** you watch the teaching module video.

Currently a few stressful things in my life are:

I'm really stressed out about...

I'm stressed about...

Doing/not doing/saying/not saying...

...is just plain stressful!

If only... _____ Would/Wouldn't...

I wouldn't be so stressed.

Top of my list of stuff that's worrying me right now is...

Common triggers for stress for you:

I tend to find I get stressed most easily when...

...always stresses me out, guaranteed!

I find I can't help but get stressed and snappy when...

My most stressful time of the day is usually...

My most stressful time of the week tends to be when...

There you go! Super easy, and a 2 minute job. Now - relax and watch the Tutorial Module for the month - you can use these answers to help you complete Worksheet #2 and integrate your learning.