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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

Worksheet #1 - May 2016 - Killing Comparisonitis!

Do this one BEFORE you watch the tutorial! Remember - there are no wrong answers - so don't judge or edit yourself. Whatever is your first response is perfect!

.....
.....
.....

... makes me feel not good enough.

I can feel jealous when I see people who have...

.....
.....
.....

I am envious of...

.....
.....

because of...

.....
.....
.....

I don't feel I measure up in the...

.....
.....

... department.

_____ is so good at...

.....
.....

... it makes me feel a little inadequate sometimes.

I wish I was better at...

.....
.....

... like _____.

I'd like to be more...

.....
.....

... like _____.

I'd like to be less...

.....
.....

... like _____.

I get intimidated by...

.....
.....

I'd love to have...

... like _____.

I'd like to be...

... like _____.

... makes me feel not good enough.

Good work! Now go watch the [tutorial!](#)