



www.louisethompson.com

WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY * KIND HEART * FIERCE MIND * BRAVE SPIRIT

Worksheet #1 - July 2016 - I'm a Warrior, Not a Worrier!

Complete this thought-starter worksheet BEFORE you watch the tutorial video - whatever comes to mind first is just perfect. No need to edit, or revise - there are no "perfect" answers - just YOUR answers! Whatever is top of mind is PERFECT to kickstart your awareness around this month's theme.

What do you tend to worry about?

I'm worried that

And that

And that

Deep down I sometimes worry that

And that I don't have enough

If I don't watch out, someone will

People might want to take my

I can't be perfectly happy until I get

Everybody pressures me to

You can't trust

People will hurt me unless

If I only had

Someone's always out to

I must hang on to

Good work! Now go watch the tutorial!