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

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

**My Top Lizard Chatter is:**

**My lizard gets really chatty when I**

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**And when**

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**My Lizard has a real thing about**

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**And it gets really worked up about**

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My Lizard makes me think something bad will happen when

.....  
.....

And I can see my Lizard whispers

..... in my ear about

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

I can see I let my Lizard freak me out about

..... when actually everything is perfectly fine.

My Lizard gets really stimulated in ..... situation / environment.

My Lizard gets super chatty around

.....

### **ACTION STEP FOR THIS MONTH:**

Go buy a Lizard. Name it. Tame it.

Seriously. I mean it - DO IT! You need to GET THIS OOUT OF YOUR HEAD, and make it physical. Trust me.



Good work! Now go watch the tutorial!