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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

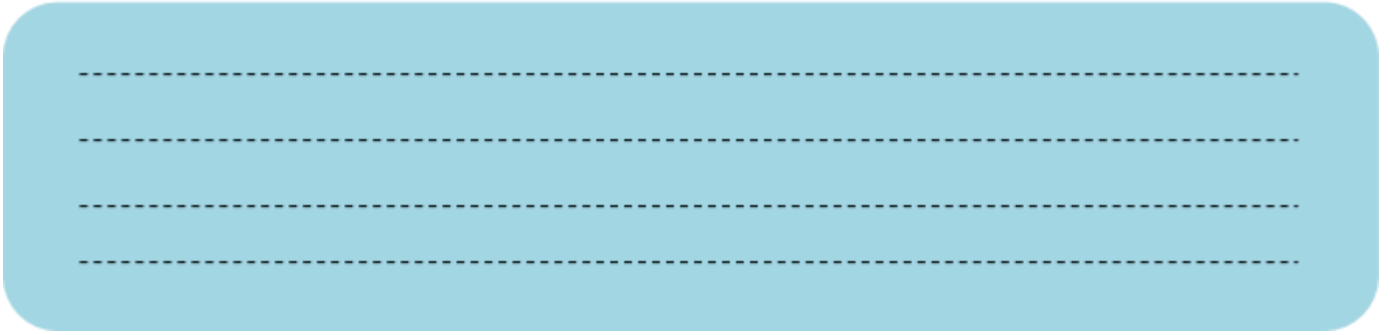
## Worksheet #2 - December 2016 - Wrapped With Love

Fill in this worksheet as a thought starter before you watch the teaching module, it will help you uncover what's going on for you and where to focus this month. No need to judge or edit your answers - whatever is top of mind is absolutely perfect. There will be lots in the group on this - to get you nicely set up for January 2017 (Goals with Souls~) - this will get you nicely warmed up!

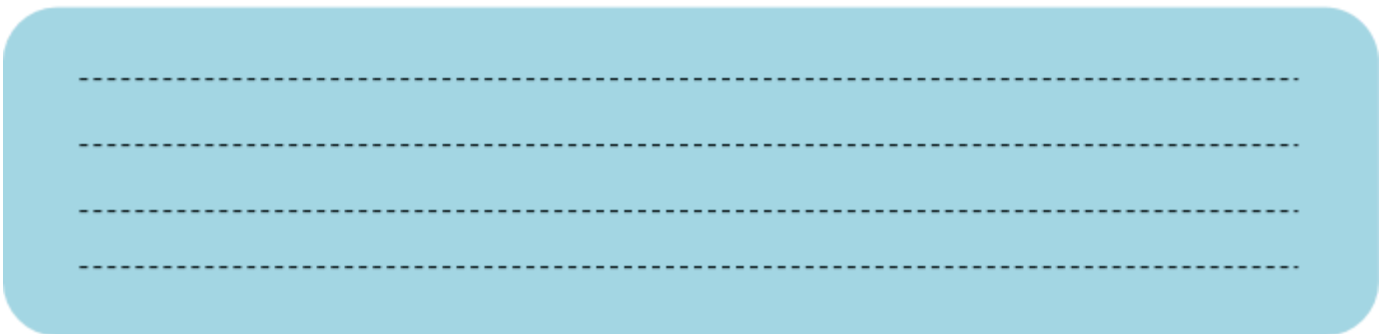
Score each of these areas out of 10, with how satisfied you were with them in 2016, with 10 being "super satisfied", and 1 being "really sucked":

Area	Score
Physical Health + Body	
Living Environment	
Career	
Relationship/Partner	
Friends/Family	
Playtime/Hobbies/Fun	
Money	
Personal Growth	

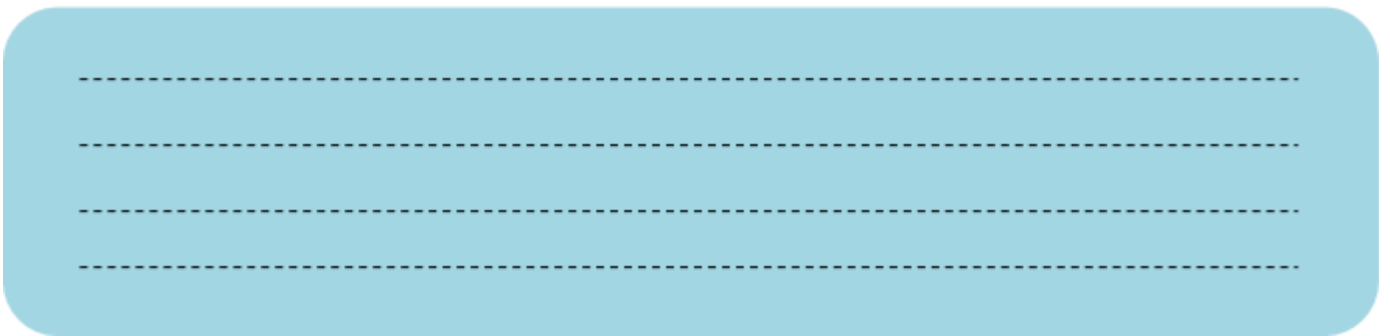
**What am I most proud of in 2016?**



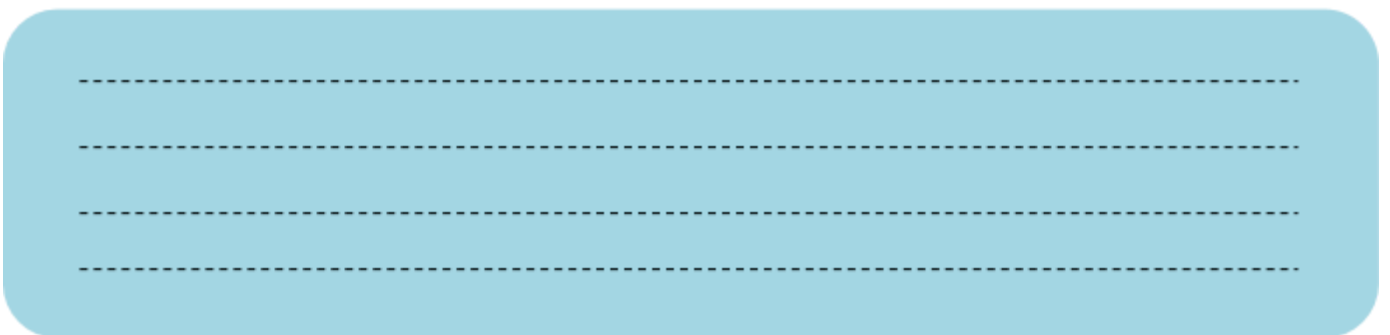
**What is the most valuable thing I learned about myself in 2016?**



**What do I wish I had done more of in 2016?**



**What did I wish I had done less of in 2016?**



**What was the worst thing about 2016? What would I not want repeated? What did I learn from this experience?**

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**What three words sum up 2016 for me?**

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**What did I think I would achieve in 2016, but didn't. Why not? What did I achieve that was unexpected?**

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**Who have been the most important and supportive people in my life in 2016?**

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If I could change one thing about 2016 what would it be?

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The three things I am most grateful for in 2016 are:

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Well done!

*Louise*