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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 - April 2017 - I Practice Great Mental Hygiene

Fill in with whatever is top of mind. Don't overthink it, whatever comes up first is perfect. This will help you with the month's challenges and give you insight into your own patterns before you watch the tutorial for the month. Self Knowledge is POWER!

What is a common thought pattern that makes you feel crappy?

And another?

What do you find you worry about a lot?

What bad habits do you have? Eg. Drink wine after bad day. Shout at the kids when I don't really mean it. Skip the gym because I can't be arsed.

Bad Habit #1:

Bad Habit #2:

Bad Habit #3:

WHEN do these things tend to happen? Eg, fall out with partner Running late. Its raining.

Reason/Trigger #1:

Reason/Trigger #2:

Reason/Trigger #3:

What are you most common self-sabotages?

Good work laydeeeeeeeee! This will be a great foundation for you as you go dive into the tutorial. Go enjoy, and I'll see you in the group for the challenges. Well done.

Louise