



# WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING  
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

## ~ Declutter Deep Dive ~ Worksheet 1 - November 2016

Hey beautiful.

This is your “prework” for the month of November. Please do this worksheet BEFORE you watch the tutorial to get the most benefit and insight from it!

Don't judge or edit your answers... whatever is top of mind is PERFECT. Just let it all tumble out, then go watch your tutorial!

**Describe your home for me... what's it like?**

**What's your favourite area of your home... why?**

**How does it make you feel?**

**What's your least favourite area of your home... why?**

**How does it make you feel?**

**Give me three words to describe your home:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What 3 words would you LIKE to describe your house?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What 3 words would you like to describe your LIFE?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What old thought patterns or beliefs that no longer serve you would you like to release this month?**

**What habits or patterns of behaviour that no longer serve you would you like to release this month?**

**What old relationships that no longer serve you would you like to release this month?**

**What obligations that no longer serve you would you like to release this month?**

**What would you like MORE of in your life? What would you like space for?**

Good work!

A handwritten signature in cursive script that reads "Louise". The signature is written in black ink and includes a decorative flourish at the end.