



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Wrapped with Love ~ Worksheet 1 - December 2016

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.

What are three words that sum up the Christmas season for you?

What have you got to get done?

What are you looking forward to about this Christmas?

What are you secretly (or not so secretly!) dreading?

What are you feeling resentful/obligated about?

What is the best bit about Christmas?

What's the worst bit?

If you could change one thing about how you are spending Christmas this year what would it be?

All good pretty lady! Watch the tutorial and come get involved in the challenges in the Facebook group to up-level your wellbeing a teeny tiny bit each day, and glide through the festive season with ease and grace.

Louise