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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

## ~ Random Acts of Kindness ~ Worksheet - June 2017

Hey lovely. Some thought starters here around giving and boundaries to get you in the mood before this month's tutorial video! We have lots of work to do this month in this fascinating area of personal development. Let's go!

**When was the last time you did something nice for someone you love?**

What did you do for them? How did they respond?

**When was the last time you did something kind for a stranger?**

What did you do for them? How did they respond?

**Do you ever feel you give a lot more than you get?**

What are some experiences you've had where you felt this way? When, where, who?

**Does it feel important for you to be the giver in almost every relationship?**

Why? What are some of the thoughts and feelings you experience when you are in the "giver" role?

**Do you feel guilty when someone does something nice for you or gives you something?**

Why? What are some of the thoughts and feelings you experience when you are in the "receiving" role?

**Do you always put the needs of others before your own?**

Why? What do you feel drives you to be the giver or receiver? What are some examples of this?

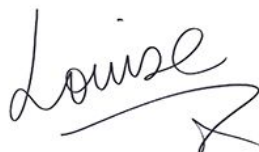
**Do you sometimes give because you want to be liked or admired?**

**Do your own energy levels suffer because you prioritise other people's needs over your body's needs?**

**Are you uncomfortable asking for things or support?**

Why?

*Well done! Now you can move on to the Tutorial video.*

A handwritten signature in black ink that reads "Louise" with a stylized flourish underneath.