



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Empowered Choice ~ Worksheet 2 - December 2015

Now you have watched the first Wellbeing Warriors Teaching Module have a go at answering the below so you can put this FIERCE MIND tool into action in your own life, reducing guilt and overwhelm immediately.

Please have a look at your first worksheet – and look at how you can reframe 5 of your most stressful “have to” To Do’s by getting clear on the CHOICE you REALLY want to make – and therefore own your choice and drop any resentment out of the situation.

Remember – the only thing I have to do is breathe – everything after that is a choice.

Current	Truth Using Choice	Empowering Choice #1	Empowering Choice #2
eg. I want to say no to Sally about taking on extra work, but I can't. I have to do it.	I am choosing to say yes to Sally and take on extra work that I do not really want to fulfil, rather than have a potentially uncomfortable conversation about my workload with my boss.	“Hi Sally – I don’t have the capacity to take on this project right now. I have some options for you: either I can take it on and drop Project X and Project Y, or you can push the deadlines back on those projects with my boss, or you can reassign this to someone else. Please let me know what you decide”	I am consciously choosing to say yes to Sally’s request and work unpaid overtime for the next 3 weeks. I am also going to book myself some assertiveness training/look for a new job as this is not a choice that works for me long term/I feel totally okay about this choice as my job is more of a priority right now than time with my family social life/fitness time. I’m happy with my choice to work the unpaid hours.
I can’t commit to a regular yoga class in the evening because I have to babysit my grandson.	I am choosing not to join a yoga class which is really important to me because I don’t want to potentially upset my daughter in law by having a conversation about it.	“Hon, I really want to go to yoga on Wednesday nights, and I would really like for you to organise alternative childcare for that night starting from the 1st Feb”.	I am choosing to babysit my grandson on Wednesday nights. That is the best choice for me right now and I am super happy about it. Yoga is a lower priority right now and that’s totally okay.

Current	Truth Using Choice	Empowering Choice #1	Empowering Choice #2