



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Complaint Restraint ~ Worksheet 1 - March 2016

We cannot transform that which we deny or are unaware of! So take a moment before you start the module to honestly fill in the below with whatever is top of mind for you. No need to agonize over it or edit – the only one who will see the answers is you. This is BEST to do BEFORE you watch this month's tutorial.

What are the 5 most common things you complain about most?

- Your body Your relationship Your work Your clients
 Your boss Your house The weather The traffic

Are there particular people who you tend to complain to?

What kind of response do you get when you complain?

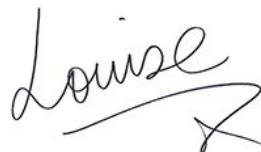
How do you FEEL when you complain? List 3 emotion words:

1. _____
2. _____
3. _____

Are there particular people who tend to complain to you about stuff?

Are there particular environments which trigger complaints in you?

Well done Gorgeous!

A handwritten signature in cursive script that reads "Louise". The signature is written in black ink and features a long, sweeping underline that ends in a small flourish.