



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Killing Comparisonitis ~ Worksheet 1 - May 2016

Do this one BEFORE you watch the tutorial! Remember - there are no wrong answers – so don't judge or edit yourself. Whatever is your first response is perfect!

... makes me feel not good enough.

I can feel jealous when I see people who have...

I am envious of...

because of...

I don't feel I measure up in the...

... department.

_____ **is so good at...**

... it makes me feel a little inadequate sometimes.

I wish I was better at ...

... like _____.

I'd like to be more ...

... like _____.

I'd like to be less ...

... like _____.

I get intimidated by ...

I'd love to have ...

... like _____.

I'd like to be ...

... like _____.

Good work! Now go watch the tutorial!

