



# WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING  
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

## ~ Killing Comparisonitis ~ Worksheet 2 - May 2016

Do this one AFTER you watch the tutorial to help integrate your learning and to set your intentions for the month ahead.

**When I think about it the situations where I tend to compare myself and come up short are...**

**... and**

**... and**

**... This is so not serving me!**

**I also seem to regularly compare myself against...**

**... I usually decide she is better at...**

**Times when I compare myself and come off feeling GOOD in comparison are...**

**... and**

**I reckon I compare myself favourably to others \_\_\_\_\_ times a day.**

**I reckon I compare myself UNfavourably to others \_\_\_\_\_ times a day.**

**10 things that are awesome about me and evidence of how unique + special I am, and therefore I do not need to compare myself to anyone are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**Some “showreel” aspects of my life that other people probably look at and think are awesome are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**People I want to celebrate for their awesomeness, and not have it mean anything about me are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Good work! Bring your insights to the facebook group!*

A handwritten signature in cursive script that reads "Louise". The signature is written in black ink and includes a decorative flourish at the end.