**~ I’m a Warrior, Not a Worrier! ~ Worksheet 1 - July 2016**

Complete this thought-starter worksheet BEFORE you watch the tutorial video – whatever comes to mind first is just perfect. No need to edit, or revise – there are no “perfect” answers – just YOUR answers! Whatever is top of mind is PERFECT to kickstart your awareness around this month’s theme.

**What do you tend to worry about?**

I’m worried that

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And that

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And that

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Deep down I sometimes worry that

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And that I don’t have enough

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If I don’t watch out, someone will

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People might want to take my

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I can’t be perfectly happy until I get

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Everybody pressures me to

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You can’t trust

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People will hurt me unless

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If I only had

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Someone’s always out to

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I must hang on to

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*Good work! Now go watch the tutorial!*

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