**~ I’m a Warrior, Not a Worrier! ~ Worksheet 2 - July 2016**

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

**My Top Lizard Chatter is:**

My lizard gets really chatty when I

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| --- |
|  |

And when

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|  |

My Lizard has a real thing about

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|  |

And it gets really worked up about

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|  |

My Lizard makes me think something bad will happen when

|  |
| --- |
|  |

And I can see my Lizard whispers\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in my ear about

|  |
| --- |
|  |

I can see **I let my Lizard freak me out about** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when actually everything is perfectly fine.

**My Lizard gets really stimulated in** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ situation/environment.

**My Lizard gets super chatty around** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ACTION STEP FOR THIS MONTH:**

*Go buy a Lizard. Name it. Tame it.* ***Seriously****. I mean it –* ***DO IT!***

*You need to GET THIS OUT OF YOUR HEAD, and make it physical. Trust me.*

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