



# WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING  
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

## ~ Taking a Vacation from Procrastination ~ Worksheet 2 - August 2016

What actions have you taken this month that you had previously been putting off?  
What have you accomplished?

### Work

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

### Home

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

## Tricky Conversations

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

## Big Decisions

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

## Money

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

## Health – Mind + Body.

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

## Social

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

**How does your energy feel having accomplished all that?**

**What have you learned about yourself this month?**

Good work, baby!

*Louise*