**Worksheet 1 – August 2017 - Let’s Get Physical: Unequivocal**

**What physical wellbeing habits (eating, drinking, moving, self-care, relaxing etc.) do you struggle to put into place?**

**1.**

**2.**

**3.**

**4.**

**5.**

**Why do you find them hard to stick to?**



**What physical wellbeing habits do you wish you had taken up ten years ago?**

**1.**

**2.**

**3.**

**4.**

**5.**

**If you could stick to TWO new habits going forward with ease and flow what would they be?**

**1.**

**2.**

**WHY are these so important to you? What’s the benefit?**



