



[www.louisethompson.com](http://www.louisethompson.com)

# WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING  
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY \* KIND HEART \* FIERCE MIND \* BRAVE SPIRIT

## Worksheet 1 - June 2017 - Random Acts of Kindness

Hey lovely. Some thought starters here around giving and boundaries to get you in the mood before this month's tutorial video! We have lots of work to do this month in this fascinating area of personal development. Let's go!

When was the last time you did something nice for someone you love?

.....

.....

When was the last time you did something kind for a stranger?

.....

.....

Do you ever feel you give a lot more than you get?

.....

.....

.....

**When/where/who?**

-----

-----

-----

-----

**Does it feel important for you to be the giver in almost every relationship?**

-----

-----

-----

**Do you feel guilty when someone does something nice for you or gives you something?**

-----

-----

-----

**Do you always put the needs of others before your own?**

-----

-----

-----

**Do you sometimes give because you want to be liked or admired?**

-----

-----

-----

**Do your own energy levels suffer because you prioritise other people's needs over your body's needs?**

-----

-----

**Are you uncomfortable asking for things or support?**

-----

-----

Well done! Now you can move on to the Tutorial video.

