



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~I Rule Yule~ Worksheet 1 - December 2017

Complete (ideally before you watch the tutorial video) to kick start your wellbeing work pre: festive season!

What 3 words come to mind when you think about Christmas?

1. _____
2. _____
3. _____

Give 3 words to describe what comes to mind when describe Christmas when you were growing up:

1. _____
2. _____
3. _____

What do you like most about the festive period?

What do you like least about the festive period?

What should happen at Christmas time?

How should the build up to Christmas go?

Who should be around and be a part of it?

Who should help?

What else should happen?

What do you feel you always should be doing and resent like crazy every year?

What do you look forward to most about Christmas?

*Good work, sugarplum!
Go watch the tutorial and dive into this month's tools.*

Louise