



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Digital Discernment ~ Worksheet - May 2018

What would you LOVE to have more time for in your life?

- ☐ More exercise
- ☐ More rest and chllaxing
- ☐ More fun and socialising
- ☐ Learn something new, new skip or hobby
- ☐ More sleep!
- ☐ More quality time with children / nephews / nieces / grandkids
- ☐ More time with your partner or dating
- ☐ Work more
- ☐ More quality time with children / nephews / nieces / grandkids
- ☐ More time doing your Wellbeing Warriors modules and investing in your personal development!
- ☐ Reading
- ☐ Volunteering and giving back
- ☐ Other stuff... what would enhance your life if you had the time for it?

I'd love to have time to _____

I'd love to have time to _____

I'd love to have time to _____

I'd love to have time to _____

How soon do you start to panic if the battery is running low on your phone? When do you start to get panicky? 60% 40% 25% 11%?

_____ %

How many emails do you get a day do you think? _____

How many texts? _____

How many hours a day do you reckon you are you looking at a screen? _____

TV? _____

Phone? _____

Computer? _____

Ipad? _____

TOTAL SCREEN HOURS: _____

Excellent work chica! That will get you primed and ready for reflection, an increase in awareness and then CONCIOUS AND CONSIDERED ACTION as we clean up our digital work with a hefty programme of discernment. The challenges are KEY this month so make sure you are checking the Facebook Group for your daily, bite sized challenge. You will be amazed how much more clarity AND time you have just 31 days from now.

A handwritten signature in cursive script that reads "Louise". The signature is written in dark ink and includes a long, sweeping horizontal stroke at the bottom.