



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Perfection Inspection ~ Worksheet - July 2018

Hey Sugarsugar!

Quick quiz for your worksheet this month - perfect preparation for our tutorial. See if you have a perfectionist streak below:

Do people tell you, you are “hard on yourself?”

☐ NO ☐ SOMETIMES ☐ YES

Do you agonise over making decisions?

☐ NO ☐ SOMETIMES ☐ YES

Big decisions?

☐ NO ☐ SOMETIMES ☐ YES

Small decisions?

☐ NO ☐ SOMETIMES ☐ YES

Are you are “pretty black and white”?

☐ NO ☐ SOMETIMES ☐ YES

Do you tend to think and act in extremes. eg. “I had one biscuit, I’ve screwed my diet... I might as well have the whole damn packet!”

☐ NO ☐ SOMETIMES ☐ YES

You don’t quite trust others to do it properly when you delegate.

☐ NO ☐ SOMETIMES ☐ YES

You use the word “should” a lot.

☐ NO ☐ SOMETIMES ☐ YES

Your self-confidence is very dependent on what you accomplish and how others react to you.

☐ NO ☐ SOMETIMES ☐ YES

You can get fixated on something you messed-up.

☐ NO ☐ SOMETIMES ☐ YES

You procrastinate, or quit, or don’t start, because you might not get it done perfectly.

☐ NO ☐ SOMETIMES ☐ YES

You are much more about the result than how you get to it. Ticking it off is more important than enjoying the journey.

☐ NO ☐ SOMETIMES ☐ YES

You have a fear of failure.

☐ NO ☐ SOMETIMES ☐ YES

Good work! The more yes and sometimes answers the more of a perfectionist streak you have. Go dive into this months tutorial for your tools, and I'll see you there!

A handwritten signature in black ink that reads "Louise". The signature is written in a cursive style with a long, sweeping underline that ends in a small flourish.