



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Tip The Balance ~ Worksheet - October 2018

Hey you beauty! Slightly longer worksheet this month BUT WELL WORTH IT! This will set you up for an amazing month or change and progress - so dive in, and then go watch the tutorial!

I would rate my current work-life balance out of 10 as

1	2	3	4	5	6	7	8	9	10
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The main reasons it's lower than I'd like are because I don't have enough time to

The time of my life when I feel I had the best life-work balance was when

I'd like you to write as much as you like here... really PLAY with this. Here are some questions you might like to answer or as prompts to get you thinking.

- How would your day start?
- What things would you be doing each afternoon?
- How would your evenings ideally roll out?
- What new stuff would be in your life if your balance was ideal?
- What wouldn't be in your life anymore when you have this better balance?
- Who is in your life? How do they add to your ideal balance?
- What do you LOVE about your life with this ideal balance?
- What feels so good about it?

If I had my ideal life-work balance situation going on my life would look and feel pretty much like this:

Okay – good work laydee! You are going to love what I have in store for you this month with tools in the tutorial and the challenges. This worksheet will be useful to refer to throughout the month.

Louise