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# WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING  
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

## ~ Lizard Tamer ~ Worksheet - November 2018

Hey beauty! Fill this quickie, though starter worksheet out before you dive into the tutorial. It will take you just a couple of minutes - and give you the best foundation for this month's personal growth. Okay? Let's go.

Don't over think or edit it. Whatever if your first response is perfect.

**What are you worried about right now?**

**What else?**

**What else is a niggling worry?**

**How long has than been on your mind?**

**What are you worried might happen?**

**What are you pretty much permanently worried about?**

**Why does that bother you so much, do you think?**

**Deep down what else are you worried about?**

What are you scared might happen? See if you can articulate it below:

**What wakes you up in the night? Or what used to wake you up in the night?**

**What do you never have enough of?**

**What else always seems like it's never enough or in short supply?**

**Who's opinion of you worries you?**

**Why? What do you worry they think about you?**

**Any other worries springing to mind? Get them down on the page right here:**

*Good work, Sugarplum! Okay – rock on over to the tutorial for this month, and get your head around the brain science we will be diving into around worry!*

*Louise*