**~ #shinebright ~ Worksheet - December 2018**

Ideally fill in your worksheet BEFORE you watch the tutorial. Don’t overthink or second guess yourself – whatever is top of mind is perfect.

**What was the BEST thing about last December?**

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**What was the BEST thing about last Christmas?**

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**Is there anything you did last December or Christmas that you don’t want to repeat this year?**

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**What did your Self Care look like last December?**

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**What were your stress levels like out of 10 by the 23rd December?**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**What were your 3 highlights of 2018?**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What do you absolutely want to leave behind in 2018? Why?**

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**Who do you absolutely want to leave behind in 2018? Why?**

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**What habits or thought patterns do you want to surrender and leave behind in 2018? Why?**

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**Give three emotion words that you really WANT to sum up your December this year:**

**I want December 2018 to feel** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*Well done, sugarplum! Now head on over to the tutorial, and let’s get your ~#shinebright lite~ on!*

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