



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Productive Instructive ~ Worksheet - March 2019

Fill in the below, IDEALLY BEFORE you watch the tutorial. Don't overthink it - whatever your first response is, is perfect.

What productivity means to me is...

When I am productive I am _____

I feel guilty when _____

If I weren't so lazy I would _____

I am at my most productive when _____

My favourite ways to distract myself are _____

I also like to _____

If I am avoiding things I will tend to _____

When I am procrastinating I usually feel _____

What always seems to take up more time than I think it will? _____

What do I resent spending time on? _____

What always gets me focused? _____

What comes easy to me? _____

What do I put off all the time? _____

WHEN in the day is my most productive time? _____

WHAT or WHO gives me productivity energy? _____

When am I MOST productive at work?

With what? With who? Why?

When am I MOST productive at home?

With what? With who? Why?

When am I LEAST productive at work?

With what? With who? Why?

When am I LEAST productive at home?

With what? With who? Why?

Well done gorgeous! Now you can watch this month's tutorial.

Louise