



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Law of Attraction ~ Worksheet 1 - April 2019

Don't over-think this, Sugar! Have fun finding your answers and completing: then go watch the tutorial! No right or wrong answers: whatever comes up for you is perfect.

What is something BIG that I would really LIKE in my life?

What is something MEDIUM that I would really LIKE in my life?

What is something SMALL that I would really LIKE in my life?

What do I always feel GOOD ABOUT when I think about it? Instant feel good thoughts?

Might be your cat? Your garden? Your mum? Your posh handbag? Name as many as you can.

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- 18. _____
- 19. _____
- 20. _____

What do I always feel BAD ABOUT when I think about it? Instant feel bad thoughts?

Might be your ex. Your bank account. Your boss. Name as many as you can.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
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What's a thing that I wanted for ages and then it happened for YOU? How did that come about? (might be a partner / baby/ house/ car/ job/ pet etc). What chain of events unfolded so that thing happened?

The thing I really wanted for ages was.....

And the way it came about was....

How did it FEEL when I finally got the thing?

How did it FEEL when I kept not getting the thing?

What’s an amazing coincidence that has happened in your life?

Met your future spouse on a plane? Sat next to you future BFF at an event? Had an intuition not to drive and missed a motorway pile up that day?

What is a little coincidence that happened to you recently?

Bumped into a friend on the street? Saw just the product you needed in my newsfeed? Thought about someone then the phone rang and it was them?

When have things been working out for me... what looks liked it had gone horribly wrong but then ended up being a good thing? Eg. I was really horribly sick – but that ended up kick-starting my second career, so it was actually a good thing in the end.

Good work, gorgeous! Keep those answers in mind when you are watching the tutorial and doing the 30 day Challenges this month - the Law Of Attraction is ALWAYS working: you might as well be leveraging it! Here’s to more good stuff coming to you with ease this month.

