



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Losing the Boozing ~ Worksheet 1 - May 2019

Note, beautiful people: this helpful awareness worksheet is not about judgement! It's a simple series of questions to uncover your patterns and triggers around alcohol. It will allow you to ascertain if/when you are winning or learning, and if you want to make changes - or not. This is all about self-observation, awareness and compassion not judgement. Please be KIND to yourself!

Describe your relationship with alcohol:

How has it changed over time?

What's your favourite drink? _____

When do you "need" a drink? _____

When have you had a fantastically good time with booze?

What FEELING do you look to booze to help you feel?

Who are you WITH booze?

Who are you WITHOUT it?

What does YOUR BODY have to say about alcohol?

Have you ever drunk online shopped? Drunk texted? Drunk had a shouty row? Drunk eating? What's your most destructive drunken behaviour?

How do you FEEL the day after a boozy night out?

What happens to your EATING after a boozy night out?

What happens to your SLEEP after a boozy night out?

What happens to your EXERCISE / MOVEMENT after a boozy night out?

What happens to your COMMUNICATION after a boozy night out?

What happens to your PRODUCTIVITY after a boozy night out?

Okay Sweetpea – well done! I know that might have been a toughie for some of you – as we shed some light on our relationship with alcohol it can be a little uncomfy. Remember – this is a process of observation, compassion and learning – without judgement. Head on over to the Tutorial and get stuck into your tools for the month!

Louise