



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Straight Talking ~ Worksheet 1 - August 2019

How would you rate yourself out of 10 as a communicator?

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

Is there a situation in your life right now where you are not feeling heard?

Why? Describe your communication as best you can.

What have you been saying?

Why are they not hearing you? Describe their communication as best you can.

What have they been hearing? What have they been saying?

Do you have any arguments or difficult patterns of communication in your life that just keep recurring? - What happens?

Eg. Maybe your dad always gets shouty when you go and stay at their house and you talk politics... or your Mum always gets defensive when you try and do the washing up... or you and your partner always fall out over where you go at Christmas... or your boss asks you to stay late and you don't want to but you always do... or whatever.

What do they say? What do they do?

What do you say? What do you do?

How does it get resolved? Or not resolved?

How does it get left (until the next time?)

What would you like to change?

Good work, gorgeous! Now go with the Tutorial - and ~I'll see you there!

Louise
