



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Appreciation Application ~ Worksheet 1 - December 2019

Hey lovely – a super simple worksheet for you this month, not too much soul searching – BUT – it’s going to be important to maximise your learning from the 30 day challenges! So do take a moment to get your answers locked in:

What are you grateful for right now?

1	2
3	4
5	6
7	8
9	10
11	12
13	14
15	16
17	18
19	20