



# WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING  
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

## ~ Decision Precision ~ Worksheet 1 - August 2020

*Hey beauty!*

*Fill in your thought starter worksheet ideally BEFORE you watch the tutorial.  
No need to edit or self-judge – whatever is top of mind is perfect.*

When is my mental energy the strongest?

By what time of day do you run out of will power? What make it worse? What makes it better?

How many decisions do you think you make in the average day?

In what areas of life do I feel I have a lot of unmade decisions? Where do I defer decisions, and continually put them off?

In what areas of life do I feel really on top of my decision making? Where do I take decision as they come up without too much avoidance, worry or drama?

Give an example of a brilliant decision you made in the last year:

Why was this so good?

Give an example of a really baddddd decision you made in the last year.

Why was this so bad?

**What are 10 SMALL decisions you need to make right now? (eg. What to eat for dinner / when to go to the supermarket / to go to yoga or not / what new frying pan to buy)**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**What are 5 BIG decisions you need to make right now? (eg. What school to select for your kid. Which kitchen supplier to select. To remortgage or not.)**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What's a big decision you have been putting off?

Why?

How long?

**Other big decisions I've been wrestling with for sometime:**

Get them OUT of your HEAD and park them here for now.

Note to The Universe I'd like a sign or a solution please!

*Well done Sweetpea - really good work! So much food for thought there, huh? Ok – take yourself straight over to the tutorial and dive into the tools for this month.*

*We've got some learning to do!*

