



*Smart, busy women
improving their
wellbeing*

**WELLBEING
WARRIORS**

one bite at a time!

iamawellbeingwarrior.com

~ Turn Your Magic On ~ Worksheet One – June 2021

Answer these questions from your core, no one else needs to see the answers but you.

Doesn't matter how "uncool" or whatever the answers might be!

Please don't judge or edit yourself, just answer your truth, that's perfect.

This might take you a little time and thought but I promise, it will be well worth it.

1. List three things that can always get you moving and excited eg. The family New Year Party, playing netball, walking in the mountains.

Energy inducing person/place/thing #1	
Energy inducing person/place/thing #2	
Energy inducing person/place/thing #3	

2. Try to remember three times when your health seemed better than usual. When was it? What was going on in your life at the time?

Info type # 1	
Info type # 2	
Info type #3	

3. Write down here types of information that you find really easy to remember. If you can't think of things you may be overlooking the obvious. Ask some friends what they have noticed about your ability pick up certain categories of information (eg. Fashion designers, types of fish, computing terms). List these categories below. Be honest: nothing is stupid or trivial!

Info Type # 1	
Info Type #2	
Info Type #3	

4. Write down three activities that make you forget what time it is. When do you get lost in the moment?

Activity # 1	
Activity #2	
Activity #3	

5. Name three people who make you feel socially adept and confident, people who seem to understand you and enjoy spending time with you, and you feel relaxed, “got” and yourself?

Person # 1	
Person #2	
Person #3	

6. List times when you felt strangely drawn to a person, place or thing. You may have become temporarily unable to concentrate on anything else. What was the object of your desire?

Magnetic person/place/thing #1	
Magnetic person/place/thing #2	
Magnetic person/place/thing #3	

7. List three times you experienced a really amazing mood, particularly if your mood came at a strange time or from an action other people might have criticized. What was going on? How did you feel?

Good Mood Setting # 1	
Good Mood Setting # 2	
Good Mood Setting # 3	

Now you have finished the worksheet, please go back and put a star next to the most powerful example of the three you have come up with for each category.

Then please just read through the whole thing again, really feel each experience you have listed, and when you get to the end tune into YOUR BODY. What can you FEEL? DO NOT MISS THIS STEP!

NAME 5 PHYSICAL SENSATIONS (note, NOT what do you **think** about all this stuff), but what can you FEEL in your BODY right now? It really helps to read it through and then close your eyes, and just tune into your body.

What 5 physical sensations can you feel? Scan your body top to toe. What SENSATIONS can you feel?

1. _____
2. _____
3. _____
4. _____
5. _____

Okay...well done!

Hopefully that should have been quite an enjoyable exercise, and I look forward to working through it with you in the tutorial: it's an essential step for developing your Spiritual GPS.

Good work!

A handwritten signature in cursive script that reads "Louise". The signature is written in black ink and includes a decorative flourish at the end.