



Smart, busy women
improving their
wellbeing

WELLBEING
WARRIORS

one bite at a time!

iamawellbeingwarrior.com

~ Turn Your Magic On ~ Worksheet Two – June 2021

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

Doesn't matter how uncomfortable your 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. Try to remember three different events or types of events (particular work, social functions, family gatherings etc.) where you had to choose but to show up but felt reluctant and low energy.

Event # 1	
Event#2	
Event #3	

2. Try to remember three items when your health was below par. What was going on in your life during each of these three time periods of sub optimal health? Please list each situation along with the physical symptoms you suffered. Don't worry if these situations are the same ones that came up in the last section, or if all three caused the same symptoms. Repetition is welcome in this game 😊

Situation # 1	
Situation #2	
Situation #3	

3. Write down here types of information that you find really difficult to remember (eg. certain people's names, my kids school schedules, which exit to get off the motorway to that venue).

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

4. Write down 3 stupid mistakes you remember making. Nothing is to cringey or too awful to list. No-one will see it but you.

Mistake #1	
Mistake #2	
Mistake #3	

5. Name three people who bring out your most awkward social behaviour. Who makes you feel on edge and uncomfortable and not yourself? It might help to review your life's most embarrassing moments, the two are often linked.

Person # 1	
Person #2	
Person #3	

6. List times when you couldn't sleep, slept very poorly, or slept so much you felt groggy. What was going on in your life at the time?

Problem #1	
Problem #2	
Problem #3	

7. Name a bad habit or obsessive thought pattern that you've been unable to eliminate. What tends to trigger that pattern? (e.g. Feeling not good enough: I'd had an argument with my mum; I was facing a performance review/ I had been working 16 hours days for a month).

Habit Trigger # 1	
Habit Trigger #2	
Habit Trigger #3	

8. List the last 3 times you experienced a really bad mood or a mood that seemed inexplicable, unjustifiable, or extreme. What was happening in your life at the time this occurred:

Bad mood setting # 1	
Bad mood setting #2	
Bad 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!

I know this was tough, but it's an essential step for developing your Spiritual GPS.

I look forward to working through it with you in the tutorial.

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 of the word.