



*Smart, busy women
improving their
wellbeing*

one bite at a time!

WELLBEING
WARRIORS

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~ Packing Light Re-visited ~ Worksheet – September 2021

Fill in with whatever is top of mind. Don't overthink it, whatever comes up first is perfect. This will help you with the month's challenges and give you insight into your own patterns before you watch the tutorial for the month. Self Knowledge is POWER!

Fill in the blanks:

1. _____ (person) always winds me up!
2. _____ (situation) is pretty much always frustrating / annoying!
3. _____ (person) really upset me last week/month by _____
4. _____ (he/she) really made me angry last week/month when they _____
5. The _____ (situation) is always so irritating!
6. I love _____ (person) really, but the way they do/don't _____ drives me CRAZY!

What is a common thought pattern that makes me feel annoyed / frustrated / sad / upset / hurt? (Might be thinking about your money / your body / work / a certain relationship etc.)

And another?

What do you find you worry about a lot?

What bad habits do you have? Eg. Drink wine after bad day. Shout at the kids when I don't really mean it. Skip the gym because I can't be arsed.

Bad Habit #1: _____

Bad Habit #2: _____

Bad Habit #3: _____

When and why do these things tend to happen? What makes you behave that way?

Eg. Because you feel you are doing all the housework and no one else helps. Because you are running late again because you didn't get organised the night before. Because the weather is bad and so you press snooze repeatedly.

#1: Because _____

#2: Because _____

#3: Beacuse _____

What are your most common self-sabotages?

Good work laydeeeeeeee! This will be a great foundation for you as you go dive into the tutorial. Go enjoy, and I'll see you in the group for the challenges. Well done.

