



*Smart, busy women
improving their
wellbeing*

one bite at a time!

WELLBEING
WARRIORS

iamawellbeingwarrior.com

~ Magnetic Minimalism ~ Worksheet One – October 2021

Well, hello there lady!

A really deep worksheet to kick you off this month as we dive into the practice of minimalism, and its effect on our mental health. There are some big questions here to ponder as we start to bring a whole new level of awareness and discernment to this part of our lives.

1. Where in your life do you feel stuck right now? What situations / relationships are not working out in the way you would like them to be? How long has it been an issue?

2. What difficult decisions or uncomfortable conversations are you currently avoiding? Be honest now 😊

3. What situation in your life do you know you should “Let Go” of, but you can’t...?

4. What are the best things you EVER spent your money on? Whoa...

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

**5. What purchases have you made in the last year that really, really made you super happy?
What did you buy?**

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

6. What have you bought in your lifetime that you thought would make you really happy but actually...didn't? Why?

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

7. What are the ten items in your wardrobe you wear the most?

1. _____
2. _____

3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

8. What % of your wardrobe does this represent?

9. What are the five most expensive things you own?

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

10. What are your top five most valued and treasured possessions in your home?

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

11. What theme or patterns can you see connecting these top 10 items?

12. Your house is on fire. You have 4 minutes to run in and grab 4 items. What do you pick up?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

13. What were the last 4 presents you purchased? What and who for?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

14. What do you have a LOT of? Handbags? Spatulas? Books?

15. What do you find really hard to get rid of? Why?

16. What's the tidiest room in your house? Why? How do you feel in that space?

17. What's the most cluttered room or space in your house? Why?

Well done, lady, that was a lot of work to kick things off.

Now go watch the **Magnetic Minimalism** tutorial and dive in for this month's teaching principles and challenges.

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