



Smart, busy women  
improving their  
wellbeing

WELLBEING  
WARRIORS

one bite at a time!

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## ~ Nix The Niggle List ~ Worksheet One - March 2022

Watch the tutorial, first then complete this worksheet!

### CREATE YOUR OWN NIGGLE LIST!

Brain dump here all the things you have just been “putting up with” or “putting off”... no task/conversation/action/decision is too small to list. They are all sucking up energy. Get them down on paper!

Renewing your passport? Taking that pile of books to charity? Replacing that dodgy remote that never works properly and drives you mad every single evening?

Perfect. List those Niggles. Get them out of your brain and onto paper where you can start to blitz them! Then move on to the second section where you can dive deeper into what’s been blocking you taking action to date.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_

- 15. \_\_\_\_\_
- 16. \_\_\_\_\_
- 17. \_\_\_\_\_
- 18. \_\_\_\_\_
- 19. \_\_\_\_\_
- 20. \_\_\_\_\_

Dive a little bit deeper...pick 5 of the above and see what patterns and triggers you can find for yourself ...

**HOUSEHOLD task/conversation/action/decision I have been putting off:**

For approx. how long

Why have I been avoiding it?

What uncomfortable emotion have I been trying not to feel?

How long do I think this thing would take, really?

Can I withstand the uncomfortable emotion I have identified for the duration of the minutes it will take you to complete the action? YES / NO?

How will I feel when it's done?

**HEALTH task/conversation/action/decision I have been putting off:**

For approx. how long

Why have I been avoiding it?

What uncomfortable emotion have I been trying not to feel?

How long do I think this thing would take, really?

Can I withstand the uncomfortable emotion I have identified for the duration of the minutes it will take you to complete the action? YES / NO?

How will I feel when it's done?

**RELATIONSHIP task/conversation/action/decision I have been putting off:**

For approx. how long

Why have I been avoiding it?

What uncomfortable emotion have I been trying not to feel?

How long do I think this thing would take, really?

Can I withstand the uncomfortable emotion I have identified for the duration of the minutes it will take you to complete the action? YES / NO?

How will I feel when it's done?

**CAREER task/conversation/action/decision I have been putting off:**

For approx. how long

Why have I been avoiding it?

What uncomfortable emotion have I been trying not to feel?

How long do I think this thing would take, really?

Can I withstand the uncomfortable emotion I have identified for the duration of the minutes it will take you to complete the action? YES / NO?

How will I feel when it's done?

**SOCIAL task/conversation/action/decision I have been putting off:**

For approx. how long

Why have I been avoiding it?

What uncomfortable emotion have I been trying not to feel?

How long do I think this thing would take, really?

Can I withstand the uncomfortable emotion I have identified for the duration of the minutes it will take you to complete the action? YES / NO?

How will I feel when it's done?

**Fill in your own:**

\_\_\_\_\_ **task/conversation/action/decision I have been putting off:**

For approx. how long

Why have I been avoiding it?

What uncomfortable emotion have I been trying not to feel?

How long do I think this thing would take, really?

Can I withstand the uncomfortable emotion I have identified for the duration of the minutes it will take you to complete the action? YES / NO?

How will I feel when it's done?

\_\_\_\_\_ **task/conversation/action/decision I have been putting off:**

For approx. how long

Why have I been avoiding it?

What uncomfortable emotion have I been trying not to feel?

How long do I think this thing would take, really?

Can I withstand the uncomfortable emotion I have identified for the duration of the minutes it will take you to complete the action? YES / NO?

How will I feel when it's done?

*Nice work, and I am sure a few "Interesting Mister Bond moments, no?"*

*Use this list as a powerful prompt for your work in the challenges this month.*

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