



Smart, busy women
improving their
wellbeing

WELLBEING
WARRIORS

one bite at a time!

iamawellbeingwarrior.com

~ Straight Talking Revisited ~ Worksheet One - April 2022

Ideally do this worksheet before you watch the tutorial.

No need to judge or edit yourself, whatever your first response is perfect.

These answers will be invaluable to you in terms of personal insight as you work through the tutorial and the month's challenges.

Do you have any arguments or difficult patterns of communication in your life that just keep recurring? eg. *Maybe your dad always gets shouty when you go and stay at their house and you talk politics... or your Mum always gets defensive when you try and do the washing up... or you and your partner always fall out over where you go at Christmas... or your boss asks you to stay late and you don't want to but you always do.... or whatever.*

What happens?

What do they say? What do they do?

What do you say? What do you do?

How does it get resolved? Or not resolved? How does it get left (until the next time?)

What would you like to change about this situation?

How would you rate yourself out of 10 as a communicator?

1 2 3 4 5 6 7 8 9 10

Is there another situation in your life right now where you are not feeling heard?

Why? Describe your communication as best you can. What have you been saying? How have you been saying it? Describe your communication as best you can.

Why are they not hearing you? What have they been hearing? What have they been saying? Describe their communication as best you can.

Well done you! So much gold in here to fuel your personal development as you improve your Straight Talking skills. Go dive into that tutorial!

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