



*Smart, busy women
improving their
wellbeing*

one bite at a time!

WELLBEING
WARRIORS

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~ Unwind Your Mind ~ Worksheet - August 2022

Hey beauty! Fill in this quickie, thought-starter worksheet before you dive into the tutorial. It will take you just a couple of minutes - and give you the best foundation for this month's personal growth.

Don't over think or edit it. Whatever is your first response is perfect.

What word do you use... Stressed? Worried? Anxious? Freaking Out? Identify your most common language label*:

*I'm going to use "worried" for this worksheet, but feel free to substitute it for your word. Language is important! Especially the language we use with ourselves.

What are you worried about right now?

What else?

What else is a niggling worry?

How long has that been on your mind?

What are you worried might happen?

What are you pretty much permanently worried about?

Why does that bother you so much, do you think?

Deep down what else are you worried about? What are you scared might happen? See if you can articulate it below:

What wakes you up in the night? Or what used to wake you up in the night?

What do you never have enough of?

What else always seems like it's never enough, or in short supply?

Who's opinion of you worries you?

Why? What do you worry they think about you?

Any other worries springing to mind? Get them down on the page right here:

When were you really, really worried about something... but nothing that bad actually happened?

Good work, Sugarplum! Okay – rock on over to the tutorial for this month, and get your head around the brain science we will be diving into around worry!

Louise