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WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY * KIND HEART * FIERCE MIND * BRAVE SPIRIT

Worksheet #2 - August 2016 - Taking a Vacation from Procrastination!

What actions have you taken this month that you had previously been putting off? What have you accomplished?

Work
1.
2.
3.
4.
5.

Home
1.
2.
3.
4.
5.

Tricky Conversations

1.

2.

3.

Big Decisions

1.

2.

3.

Money

1.

2.

3.

Health - Mind + Body.
1.
2.
3.
4.
5.

Social
1.
2.
3.
4.
5.

Good work, baby!

How does your energy feel having accomplished all that?

What have you learned about yourself this month?

Louise