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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 #1 - October 2016 - People Pleaser Squeezer

When do you ignore your own needs in order to keep the peace?

Do you feel ever guilty for saying no?

When do you say yes when you mean no?

At home?

At work?

With which people?

In which situations do you find yourself saying yes when you mean no?

When do you feel resentful?

At home?

At work?

With which people?

Which situations bring our resentment?

Do you ever feel taken for granted?

At home?

At work?

With which people?

Which situations make you feel taken for granted?

What do people expect from you?

Are there any dreams or desires you have shelved in order to keep the peace?

What do YOU need? What would you like in your life?

Physically?

Mentally?

Emotionally?

Spiritually?

Financially?

If there were no consequences, what would you like to stop doing?

Innnnteresting revelations, heh? These answers will really help you focus on the tools in the tutorial this month, and get the most out of the daily challenges in the group.

Good work!

A handwritten signature in cursive script that reads "Louise". The signature is written in black ink and features a long, sweeping horizontal stroke that extends to the right and then curves back down to the right, ending in a small flourish.