



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ The Rage Sage ~ Worksheet - November 2017

Big Girls knickers required for this worksheet this month. ~Wellbeing Warriors~, not wellbeing pussies remember? This will mean you get even more out of the teaching this month, so go ahead and dive in.

How do you generally handle conflict?

What last made you angry?

What did you do about it?

What did you do/say? Not do? Not say?

What are you angry about but not saying anything about?

Why?

How long have you been angry about it?

What should change about the situation?

What do you want the other person to stop doing/saying?

What do you want the other person to start saying/doing?

What else is pissing you off right now? What/ who should be different?

1. _____ should start _____
2. _____ should start _____
3. _____ should stop _____
4. _____ should stop _____

Wowza, Kerpow and Well done you! Some serious food for thought here for you : you are fully prepped to go dive into this months tutorial and get up close and personal with your personal rage sage. Don't forget your challenges this month: they are going to be super transformational.

