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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 2017 - Mindfulness Magic

What does “being present” mean to you?

Do you have any mindfulness practices?

Do they work?

How often do you use them?

Quiz time:

How would you allocate a percentage of your time (as a general rough average) spent in the following states:

Down/sad/depressed	_____ %	TOTAL
Joyful, connected, appreciative	_____ %	_____ %
Worried, anxious, stressed	_____ %	

Who do you feel really listens to you?

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When? What does that feel like?

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When are you at your most stressed and overwhelmed? What tends to trigger this?

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When are you at your most down or blue? What tends to trigger this?

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When are you at your most joyful happy and connected? What tends to trigger this?

Good work Laydee! This will be excellent preparation for the tutorial this month, and all the lovely juicy personal growth challenges I have in store for you!

Louise