



# WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING  
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

## ~ Perfection Inspection ~ Worksheet - July 2018

Hey Sugarsugar!

Quick quiz for your worksheet this month - perfect preparation for our tutorial. See if you have a perfectionist streak below:

**Do people tell you, you are “hard on yourself?”**

NO  SOMETIMES  YES

**Do you agonise over making decisions?**

NO  SOMETIMES  YES

**Big decisions?**

NO  SOMETIMES  YES

**Small decisions?**

NO  SOMETIMES  YES

**Are you are “pretty black and white”?**

NO  SOMETIMES  YES

**Do you tend to think and act in extremes. eg. “I had one biscuit, I’ve screwed my diet... I might as well have the whole damn packet!”**

NO  SOMETIMES  YES

**You don’t quite trust others to do it properly when you delegate.**

NO  SOMETIMES  YES

**You use the word “should” a lot.**

NO  SOMETIMES  YES

**Your self-confidence is very dependent on what you accomplish and how others react to you.**

NO  SOMETIMES  YES

**You can get fixated on something you messed-up.**

NO  SOMETIMES  YES

**You procrastinate, or quit, or don’t start, because you might not get it done perfectly.**

NO  SOMETIMES  YES

**You are much more about the result than how you get to it. Ticking it off is more important than enjoying the journey.**

NO  SOMETIMES  YES

**You have a fear of failure.**

NO  SOMETIMES  YES

Good work! The more yes and sometimes answers the more of a perfectionist streak you have. Go dive into this months tutorial for your tools, and I'll see you there!

A handwritten signature in black ink that reads "Louise". The signature is written in a cursive style with a long, sweeping underline that ends in a small flourish.