



# WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING  
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

## ~ Better Boundaries ~ Worksheet - October 2020

*A worksheet to kickstart your awareness for this month – whatever comes up top of mind for you is the perfect response – no one will see this but you.*

*Ideally, fill this in BEFORE you watch this month's tutorial.*

When do you feel taken advantage of or taken for granted?

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When do you tend to feel a bit resentful?

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Which situations or who brings out the worst in you?

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Why do you think that is? What is it that bothers you so much?

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Where and with who are you biting your tongue, or avoiding conflict?

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Who is “needy” in your life?

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What do you always seem to run out of time for?

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In what situations do you tend to feel guilty?

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Why? What is it about this person or situation that brings guilt up for you?

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When or where have you put your foot down and felt really good about it?

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*Well done – that’s a great first step in awareness for this month’s module on Better Boundaries. We cannot transform that which we are unaware of - so that was great work.*

*Well done!*

*Go dive into the tutorial and your tools for this month.*

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