



*Smart, busy women  
improving their  
wellbeing*

*one bite at a time!*

WELLBEING  
WARRIORS

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## ~ Unwind Your Mind ~ Worksheet - August 2022

Hey beauty! Fill in this quickie, thought-starter worksheet before you dive into the tutorial. It will take you just a couple of minutes - and give you the best foundation for this month's personal growth.

Don't over think or edit it. Whatever is your first response is perfect.

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What word do you use... Stressed? Worried? Anxious? Freaking Out? Identify your most common language label\*:

\*I'm going to use "worried" for this worksheet, but feel free to substitute it for your word. Language is important! Especially the language we use with ourselves.

**What are you worried about right now?**

**What else?**

**What else is a niggling worry?**

**How long has that been on your mind?**

**What are you worried might happen?**

**What are you pretty much permanently worried about?**

**Why does that bother you so much, do you think?**

**Deep down what else are you worried about? What are you scared might happen? See if you can articulate it below:**

**What wakes you up in the night? Or what used to wake you up in the night?**

**What do you never have enough of?**

**What else always seems like it's never enough, or in short supply?**

**Who's opinion of you worries you?**

**Why? What do you worry they think about you?**

**Any other worries springing to mind? Get them down on the page right here:**

**When were you really, really worried about something... but nothing that bad actually happened?**



*Good work, Sugarplum! Okay – rock on over to the tutorial for this month, and get your head around the brain science we will be diving into around worry!*

*Louise*