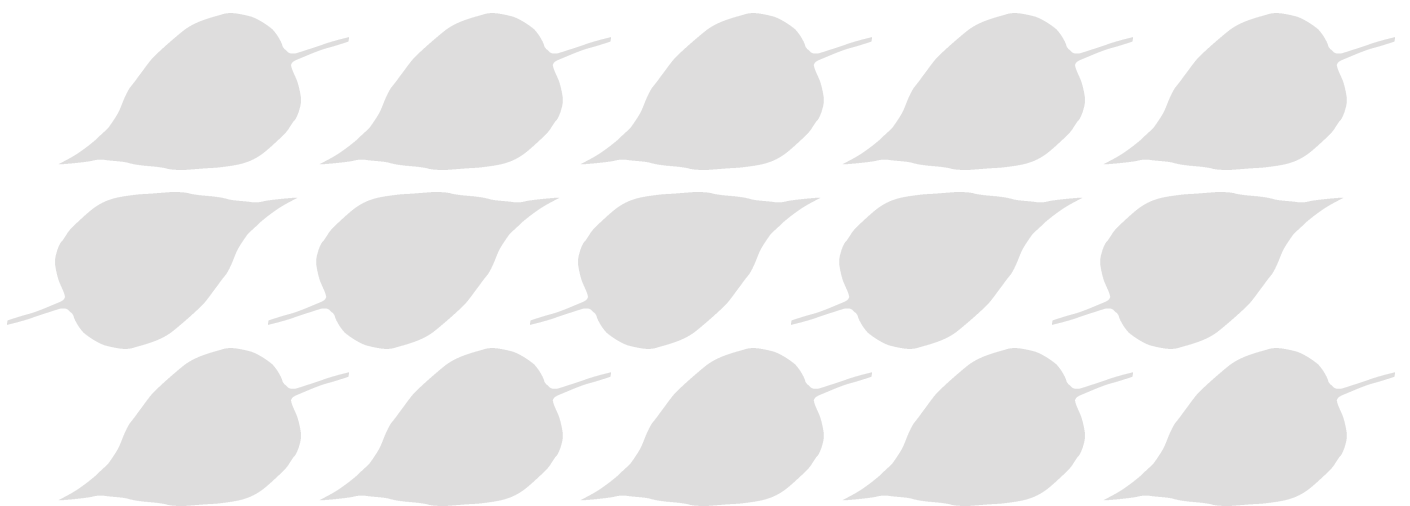


# LIGHT UP YOUR LIFE WORKBOOK



GROWING YOUR BUSINESS. GROWING YOURSELF



Life can be hard at times. Some days, or weeks can feel like a bit of a slog. Even though we have dreams and plans and we try to set and achieve our goals, we often just can't muster up the energy to do so. Because just getting through the day seems tricky enough!

Life can be hard at times. Some days, or weeks can feel like a bit of a slog. Even though we have dreams and plans and we try to set and achieve our goals, we often just can't muster up the energy to do so. Because just getting through the day seems tricky enough!

We want our life to feel lighter, we KNOW we have had days or times where things have just FLOWED but now we can't seem to make it happen.

Why is this? Why do we often feel so drained or tired? Who or what stole our juice?

Yes life is busy and we are all guilty of trying to shove too much in, but is tiredness the real reason so many women just feel really exhausted? We read a lot about how we need to get more sleep, spend less time in front of screens, eat healthily and take exercise in order to feel good.

**BUT WHAT IF THERE WAS MORE TO IT THAN THAT?**

Much of the reason that we feel drained is because we are allowing things, circumstances or people in our lives to drain us. It's hard to feel light when so many things are dragging us down and holding us back.

In this workshop, we will be looking at how to identify some of these draining aspects of our life, so that we can set a plan to clear them away and feel lighter and freer as a result. We will also look at how to create more energy from adding in more of the good stuff!

Because when we feel light and free, everything is possible. We have more energy, we feel creative and we feel able to move forwards in life and work with more ease.

# YOUR PHYSICAL ENVIRONMENT

In this exercise, we will look at all the physical areas in our life that we feel are a problem and start to work out what needs to be done to clear away the energy drainers and add back light and life.

Choose from the following list or add your own spaces.

Label as many boxes as you like for each relevant physical space and list the tasks to be done to remove the energy drain.

Living room

Kitchen

Hall

Study/ office

Bedroom

Bathroom

Dining room

Attic

Shed

Garage

Yard

Garden

Allotment

Workspace/ desk/ studio

Car

**ANY MORE?**

LIGHT UP YOUR LIFE WORKBOOK

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LIGHT UP YOUR LIFE WORKBOOK

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# HOW I WILL TACKLE THEM?

One space at a time

Grouping similar tasks (throwing away, filing, cleaning etc)

Small to big

Big to small

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# OTHER PEOPLE

## ENERGISERS

Write a list of all the people you know who light you up.  
Then decide upon an action next to them.

NAME	ACTION

## DRAINERS

Write a list of all the people who drain your energy.  
Then decide upon an action next to them.

NAME	ACTION



# YOU AND YOUR BEHAVIOURS/ HABITS/ THOUGHTS

Write down some of the negative things you have ever said about yourself or others have – what comes up? Just relax, no judgement, have a think, what things do you do or think that are really pulling you down?

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**LIGHT UP YOUR LIFE WORKBOOK**

Imagine how you would like to be. Write down what personality traits you would like to have, what you would like other people to say about you, how you would behave, how you would view yourself.

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Write a list of things you'd like to change about your behaviour. Write them in the present tense as if they are already real to give extra juice to them. Studies have shown that if we write and talk about our goals and actions in the present tense it gives our brain a message that this is already happening!

E.g. I am calm and patient when under pressure, I set time limits for screens and I stick to them.

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# PHYSICAL APPEARANCE

List six things that you like about your appearance and the way you present yourself  
e.g. my eyes, I have a good skincare routine, my individual clothing style.

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**NOTE:** These are the things to accentuate and make the most of.

List six things you don't like, focusing on behaviours rather than physical attributes that  
you don't like but can't really change. E.g. I leave it too long between haircuts,  
I wear clothes that don't fit me, I don't know what colours suit me.

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**NOTE:** These are things to work on. Tick the two that you will tackle first!

# LIGHT UP YOUR LIFE WORKBOOK

Write a short list of actions to take.

E.g. Throw away all clothes that don't fit, make time for a regular skin care routine.

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# PHYSICAL AND MENTAL WELLBEING

Make a list of at least five things that you already do to look after your physical and mental health (think exercise, food, alcohol, bad habits, meditation/ mindfulness etc).

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Think about your behaviours and habits in relation to the following categories.

Food

Exercise

Mind

Alcohol/ smoking/ drugs

Medical care/ check ups

Sleep

**LIGHT UP YOUR LIFE WORKBOOK**

Examples that I have seen from clients and the women in my various groups and challenges are;

- Starting ambitious new fitness regimes but then giving up on them very quickly
- Putting off dental appointments
- Feeling tired all the time but always going to bed really late
- Drinking a glass or two of wine every night to take the stress out of the day
- Skipping meals but then eating too much and the wrong things because by the time they do eat they are starving
- Cancelling exercise classes to work late

Write a list of ways in which you might be impacting your health.

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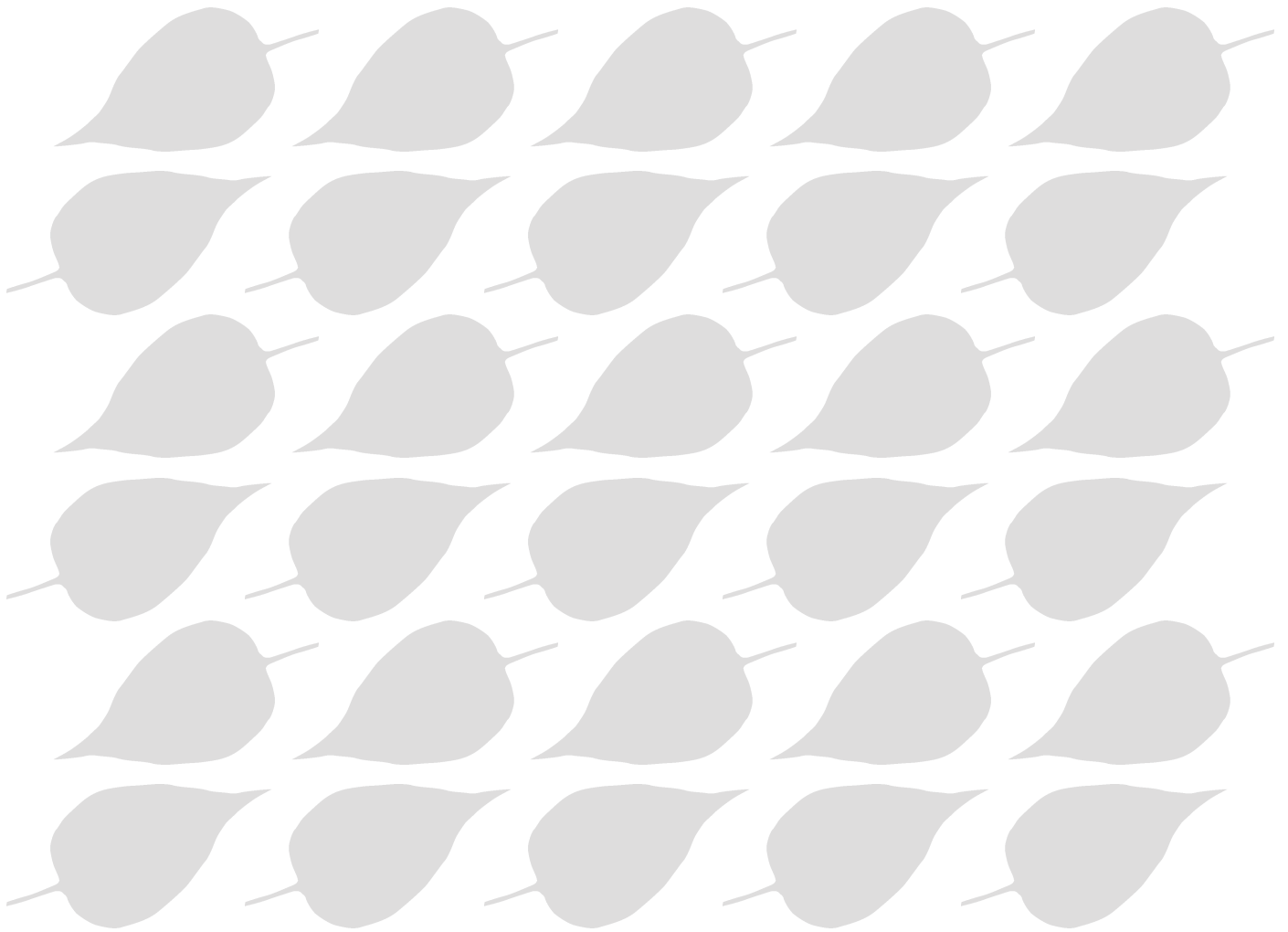
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## KEEP IN TOUCH

I have lots of workshops and courses in the pipeline which you will find out about in my emails.

You can also join my facebook group Gather and Grow. There's a slight focus on career and business in the group, but the main thrust of the content is looking at your mindset, working out how you are holding yourself back and developing strategies for living your very best life – and who doesn't want to do that!

With love,

Sarah

FIND OUT MORE AT

**SIMPLEHAPPYLIFE**  
.CO.UK

FOLLOW ME ON SOCIAL MEDIA:

 @\_sarahraad

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